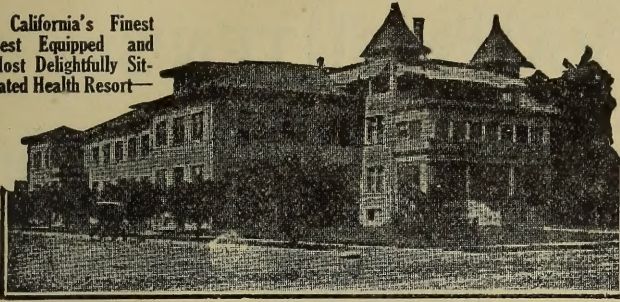


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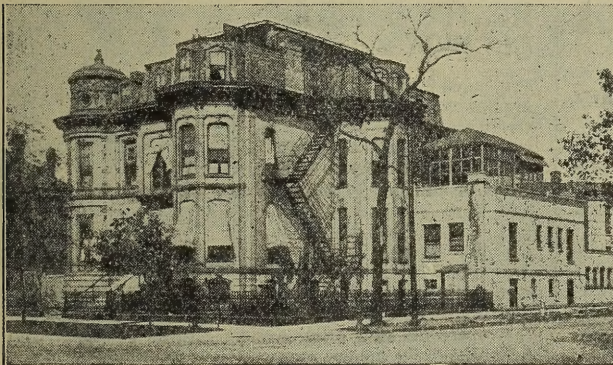
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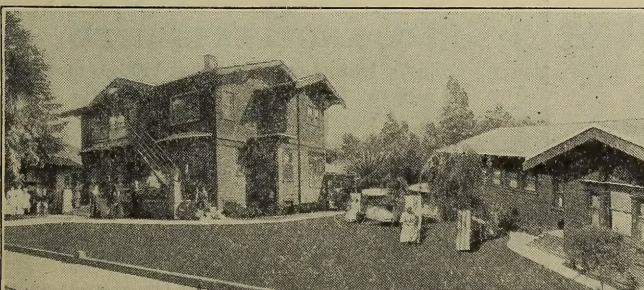
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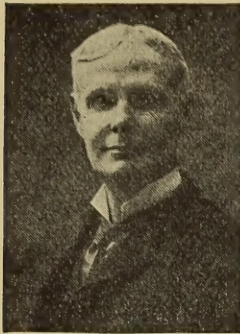


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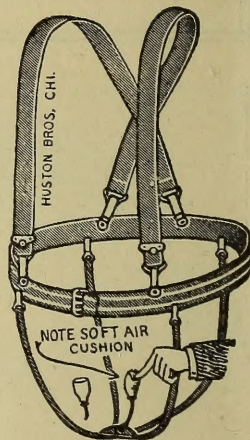
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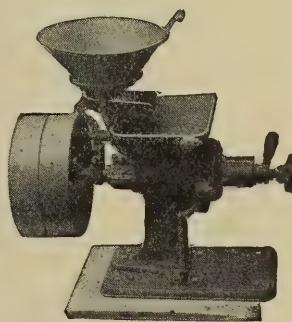
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JUNE, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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Vol. IV

LOS ANGELES, JUNE, 1915

No. 1

Eating to Live Long and Well

THE idea that old men and women must necessarily suffer from what are called "diseases of old age" is a superstition, akin to the idea that children must inevitably have scarlet fever, whooping cough, and other "infantile diseases." In both cases the ailments are due to mistakes in the building of the body by food—usually to the ingestion of more food than can be assimilated. This often begins with birth. If a person who makes these mistakes has a strong digestion, he will, after middle life, acquire a big paunch, and suffer from Bright's disease, or hardening of the arteries, or prostatic troubles, and perhaps will be carried off suddenly by apoplexy. If he has a weak digestion, the troubles will stop at the stomach. He may hang on for many years, a nuisance to himself and to all those with whom he comes in contact.

Old age is comparative. Some men are played out—"burned out" would be a better word—at thirty-five, others boys at seventy.

Cornaro, who was a broken down man before he reached middle age, showed how one may attain a happy, useful life, and become a centenarian, by the simple means of adopting a most abstemious dietary. His menu for twenty-four hours would by most people be considered only sufficient for a light lunch. Unfortunately, most men, when their sexual powers begin to wane, devote themselves to the pleasures of the table. These pleasures are as apples of Sodom, compared with the delights of simple meals, seasoned with hunger.

At my club an old gentleman, erect and martial in bearing, assured me that the two great drawbacks of old age are constipation and loneliness. Constipation may be overcome by diet and exercise, if one has patience, perseverance, and will power. Above all, be sure to avoid the "mild cathartic" habit.

As to loneliness, it is, indeed, sad to see those we have known in early life, slipping away, one after another, until we seem to be living among strangers. If Fate has not bestowed upon you the blessings of a good wife, to share your joys and sorrows and reminiscences, you are unfortunate. Still, there is the great storehouse of Literature. Those who have not cultivated a taste for reading, are preparing for themselves a miserable old age.

There are some who eat to live, some who live to eat, and some who just eat. Also, unfortunately, even in this country of boundless prosperity, there are some who cannot eat regularly as much as they would or should. Of those unfortunates, however, I do not write.

Young men and women are seldom given to the "pleasures of the table." A growing boy replenishes himself, like a boa constrictor, when opportunity offers. As puberty arrives, nature places the continuance of the race above its preservation, and sex monopolizes the

youth, to the exclusion of the stomach. Then, as virility wanes, and a man passes through what we call "middle life"—though he should be only beginning his real life—he often devotes himself to what we call the "pleasures of the table," pleasures that bring in their train painful disorders, lessened efficiency, and shortened life; pleasures purchased at a high price. So you see, if you neglect to devote a little attention to the building of the body by food, it is not a "short life and a merry one" that you may look forward to, but rather a short life and a miserable one, before the end comes.

It is not the infrequent indulgences that count, but the regular over-consumption of food, or eating of wrong food. If you have a strong digestion, the effects may only begin to show themselves after long mal-treatment of the stomach. Thus, you may for years eat oatmeal porridge with sugar and cream, or mix sours and starches, without noticing any appreciable ill-effect, but after a time acidity causes the lining of the stomach to suffer from chronic inflammation. This is followed by a gastric ulcer, and perhaps, later on, if the conditions are favorable for its growth, it may become a cancer.

Eating when one is not hungry is one of the great follies of what we call civilization. "Sinking at the stomach" is not a call of nature for food, but for oxygen. Instead of eating, or taking a "pick-me-up," indulge in a little exercise and deep breathing, and take a glass of water. Real hunger is when the mouth waters for a crust of dry bread. How many city dwellers know what real hunger is, and the pleasure of satisfying it? Only those who know the hunger that goes with health can appreciate the enjoyment of a simple meal of plain food, an enjoyment unknown to the jaded gourmand, who tickles his palate with a cocktail. Moderation in eating is really a luxury. Only those who have fasted appreciate to what a refined keenness of mental and physical senses, and bouyancy of spirit one may attain.

It is in the power of all to achieve health, with long life and efficiency. It must be earned. There is no royal road either to health or knowledge. Even those who have so abused themselves, by diet, or drugs, that they have acquired organic disease, and are apparently hopeless wrecks, may greatly improve their condition. This may be done by care in regard to alimentation and elimination—by eating in moderation of natural foods, that have not been deprived of the necessary mineral elements, and by eliminating waste matter, through the various depurating organs. To insure proper elimination there must be some daily exercise, and fresh air must be breathed. In other words, you must keep the out-go equal to the in-take, or you will store up clinkers, that will block your furnace, prevent your machinery from working harmoniously, lessen your efficiency, and shorten your life.

Strange, is it not, that in this age of efficiency, men who know all about the machinery that drives their factories, should utterly ignore this far more important question of the building of their bodies by food, and the maintenance of their human machines. When anything within them gets out of order, all they know is to call in a doctor, who, unless he is of the few wise ones, recommends a drug, a serum, or the knife, to remove their symptoms, while as to the cause, he covers his ignorance by saying: "Eat what seems to agree with you." Therefore, it is that for a civilized man to die of old age is a rarity.

Medical Examination of School Children

MEDICAL examination of school children is another step in the campaign to strengthen the waning power of the drugging, serum-injecting, and carving school of medicine. Along the same line are moving pictures depicting the awful menace of germs.

The health board doctors inspected 305,000 school children in Pennsylvania, and found 229,000 of them in need of "treatment." This "treatment" consists usually in the cutting out of adenoids and tonsils, which does not cure, because it does not reach the cause, the cause being a catarrhal condition of the body, due to wrong diet—chiefly the consumption of too much starches and sweets.

The tonsils are necessary organs of the body. Their removal is not infrequently a dangerous operation, and the after-effects are always bad, the child being from thence on subject to throat troubles that may develop into more serious disease.

Teach the parents how to feed their children. This, however, offers no profitable field for minor surgery.

Parents in California should remember that they need not have their children examined if they do not so desire—at least, not at present. If the allopaths had their way, every person in and out of school would be subject to examination—and operation.

Military Glory

YOU still hear some speak of military glory. Not, however, those who know what they are talking about.

A dispatch from Berlin told of the establishment in Germany, of an Anti-Vermin Fund. Every German in the Empire is asked to contribute at least one mark. This fund is the outcome of pitiful appeals from soldiers at the front. Worse than hunger, thirst or sickness, they say, is the terrible scourge that has attacked them, and against which they are powerless.

According to the New York Medical Journal, fleas are responsible for the plague. If this foolish theory were true, then Europe should be in line for the worst pestilence in history, for these vermin are much worse than fleas, and they will inevitably spread among the civil population.

Wallowing in muddy trenches, eaten up by vermin, their nostrils assailed by the odor of decaying bodies of men and horses unburied for weeks, with the chance, if lucky, of having their heads shot off, or if less fortunate, of being disfigured so that they are horrible to behold—ask these men what they think of the glory of war.

Military glory. Bah! Say rather the glory of the gory slaughter house.

The so-called armed peace that prevails at present in all countries is a sign of a bellicose disposition, of a disposition that trusts neither itself nor its neighbor; and partly from hate, partly from fear, refuses to lay down its weapons. Better to perish than to hate and fear, and twice as far better to perish than to make oneself hated and feared—this must some day become the supreme maxim of every political community!—Friedrich Wilhelm Nietzsche.

Nakedness and Morality

THE Supreme Court of the United States recently affirmed a sentence of a year in the penitentiary, imposed by a Washington State court on the editor of a small publication in a free love colony, for upholding the practice of the members in bathing promiscuously in the "altogether." The convicted man is said, also, to have reviled and defied the law and the United States Constitution, which however has nothing to do with this subject.

As I showed in October, 1913, in an article on "Costume and Custom," the question of dress, or undress, is not one of morality, but of periods, of location and of fashion. The absurdity of our attitude toward the subject is strikingly shown by the difference in our ideas of what is proper at the beach or in a ballroom. For a woman to expose her legs in a ballroom or the upper portion of her bust at the beach would be regarded as shocking. Why?

Travelers agree that the morals of African tribes are in inverse proportion to the amount of clothing they wear—or do not wear. In Japan both sexes occupy the public bathing pools together, although since the advent of foreigners the practice has been banished, in the larger cities. The same custom prevailed in some parts of Continental Europe in the Middle Ages.

In the province of Altenburg, in Saxony, the women, like Tyrolese men, wear short skirts, with short stockings exposing the knees. As they seem to copy our modern fashionables, in reducing underclothing to a minimum, the effect, when a peasant woman bends over a fountain in the market place to draw water, is somewhat startling to a stranger, but the natives do not glance around, for it has been the custom for centuries.

In Burmah the women, who wrap themselves up otherwise in a superfluity of clothing, expose the breasts.

In Mohammedan countries of the Orient, if you encounter a peasant woman working in the fields, garbed in a single blue robe, she may at your approach throw it over her head, for it is considered more improper to show the face than the body. The Chinese consider it indecent to expose the wrists. And so it goes. Custom and habit.

It is a noteworthy fact that the mid-Victorian era, when Mrs. Grundy reigned supreme, produced that indecency in costume, the crinoline. It emanated from the loose court of Eugenie, who still lives, a bent and sorrowful old woman. I remember, that as a boy, I viewed with astonishment and alarm the struggles of wearers of these monstrosities, in entering the back door of a London omnibus.

Morality lies not in the exposure or covering of the human body, but in the intention beneath the skin. A suggestive attitude, with a "half concealed, half revealed" form, is more indecent than a nude body in a chaste pose. Before we prosecute promiscuous bathers, we should consider the modern stage. When, forty years ago, the "Black Crook," a pioneer spectacular show, was produced in New York, it called forth a burst of denunciation from press and pulpit. Yet today it would be regarded as a most conservative exhibition of undressing. Our modern stage dancers have approached the costume of the South Sea Islands. When they do not add suggestiveness, their costumes are inoffensive to the pure minded.

The ancient Greeks caused girls to compete naked in the presence of a mixed assemblage, so as to familiarize youths with the human body and discourage pruriency. They did not, however, permit old men to be present. No "baldhead rows" there. Of course, we cannot at once introduce such a revolution, but any step toward banishing morbid sex curiosity from the young is a step toward healthy mindedness and true morality.

It is natural for the female of her species to seek to attract the male by her sexual charms of form. This is one of Nature's provisions for the perpetuation of the race. In pure minded girls it is done unconsciously.

Those who see anything foul in a beautiful nude body, statue or picture, modestly posed, insult God, who, we are told, "made Man in His own image." They should look for the foulness within themselves. "To the Puritan all things are impure."

All the drivel we read in the papers from time to time, about the indecencies of modern costumes, merely tends to emphasize and attract attention to things which otherwise would scarcely be noticed. Many of these costumes are silly, inartistic and unhealthful, but that is another question.

The High Cost of Dying

THE unnecessary burdens of civilization follow us to the grave, and their sting sometimes remains with loved ones left behind.

To the high cost of living we have added the high cost of dying. To the poor, and even to those of moderate means, a funeral often means the eating up of modest savings, and sometimes a struggle for years to repay the debt. Undertakers are well aware that a woman who has lost her husband is ashamed to attempt to economize at such a time. In Switzerland, a country where I spent five years, they have provided for this, as for many other things we have overlooked. For instance, in the city of Zurich, the municipality undertakes simple funerals at cost price, furnishing carriages and attendants.

There is room here for organized assistance, that shall help, while not savoring in the least of charity.

The custom of sending wagon loads of flowers, tortured into inartistic mechanical shapes, flowers that soon decay and become garbage, is a tax on the survivors, fostered by florists. It is a distortion of the custom of sending a simple spray, or wreath. Happily, this fashion is declining. In funeral notices nowadays one often reads "No Flowers."

Cremation is the most sanitary and decent method of disposing of the dead; but that is another story.

Intellectual culture has no necessary relation to purity or excellence of character. In the New Testament, appeals are constantly made to the heart of man and to "the spirit we are of," whilst allusions to the intellect are of very rare occurrence.—Samuel Smiles.

Society everywhere is in controversy against the manhood of its members.—Emerson.

The Movies a Mental Menace

THE world has apparently gone temporarily crazy over moving pictures. As for the operators, there is method in their madness. They are working a gold mine for all its worth, while the working is good. In Chicago one moving picture palace is being built to cost a million dollars, another to cost \$600,000. In the same city there is a picture show open all night.

Frequent attendance at moving pictures is bad for children, and more especially for those of a nervous type. After a course of constant moving picture comedies, farces and dramas, children become what the French call "blasé"—blunted, palled, cloyed, surfeited, and contemptuous of saner and more sober entertainments. Like the precocious young men about town, they know it all. Their dolls are filled with sawdust. To this should be added the injurious effects of late hours, and often of bad air. Indeed, the injurious effects of moving picture shows are more mental and physical than moral, although in some films the latter evil is not lacking. Writing on this subject Walter Prichard Eaton says:

It is exactly as bad for the mind never to exercise itself and do some of its own playing as it is for the body. The baseball fan, who never throws a ball, but is forever watching professionals play for him, is not going to make the kind of a citizen a really athletic nation needs and desires. Similarly, the man, woman or child who never attends the kind of play or reads the kind of book where sustained attention is required of the spectator or reader, where the audience has to do some of the work, where the mind is called into action, by the presentation of intellectual problems, is not going to make the kind of citizen demanded by a truly great nation. Instead, such a man, woman or especially child is in imminent danger of losing the power of sustained attention and becoming a smatterer instead.

For every nickel you give your child to go to a movie you owe it as a duty both to your child and to your country to see that you also provide and compel either some solid reading or some opportunity for creative play where the child itself is the actor and has to work out the development by its own powers of imagination.

It is not on moral grounds that the movies are a menace, but on mental. They are sapping our powers of attention.

Wise parents will restrict the movie indulgences of their children as of candy and ice cream, to an occasional dish, not a steady menu. Also, as in the case of candy, they will carefully censor the quality of the mental food.

Educational films hold out great possibilities, that will undoubtedly be further developed.

As to grown-ups, they must take care of themselves. Oculists tell me that their business has greatly increased since the introduction of moving pictures.

A man's moral nature is very nearly a fiction. It is one of the most important duties of a wife never to let her husband discover this fact, but to instil into him a noble, false impression of his character. If you are shrewd enough and honest enough about it he will do his best every now and then to live up to it.—Corra Harris.

Starving While Over-eating

SOME of the "medical scientists" are at length beginning to recognize the importance of the mineral elements in foods. At a meeting of the American Medical Association, not long ago, a paper was read, in which the author declared that the absence of certain "unknown elements" in foods was the cause of pellagra, rickets, beri-beri, and other diseases. However, they do not recognize these substances as minerals, but give them the new name of "vitamines." When they "discover" an old truth, they usually give it a new name.

For many years I have been preaching the importance of these organic mineral elements in the building of the body. When removed, in the boiling of vegetables and discarding of the liquid, or in the bolting of flour, the food is robbed of its most important elements, and a man may be starving, although he instinctively over-eats, in order to get enough of the mineral substances. In cooking, the organic salts are more or less deorganized, and rendered valueless. Hence the importance of eating daily some raw natural foods, such as fruits and leaves and roots, in which these mineral elements are specially abundant. They are absent in refined cane sugar. Hence, when a diet consists largely of white bread, sugar and tea, it is not surprising that those who live this way become anemic, and perhaps tuberculous. Yet, Dr. Franklin White, of the Harvard Medical School, recently said, as reported in the Literary Digest:

There has been much talk about the comparative value of whole-wheat bread and white bread. It is thought generally whole wheat is much more healthful and nourishing, because of the bran left in the kernel; it is not so, however, for the body cannot absorb the bran.

It is not the outer covering of the bran, composed of silicon, which helps to form the hair and teeth and nails, that is so important, but the other mineral elements, existing just under the outer coating of the bran. Most of these are removed in the bolting of flour.

Where bread forms but a small part of the dietary, it makes, of course, little difference whether we eat white bread or brown. The importance of the difference comes in where people live largely on bread, and especially in the case of growing children.

As I have heretofore pointed out, sterilized milk is a starvation food. Pasteurizing is less harmful than sterilizing. Condensed milk is pasteurized. Children fed entirely on sterilized milk develop rickets, constipation, and later on tuberculosis. The best way to furnish milk for infants, is to give them certified raw milk, not spoiled by heating.

The organic salts, or mineral elements, are the most important constituents of food, yet of them we hear the least. In all except some of the most recent "authoritative" books on diet the mineral elements are dismissed in a few words as "ash." Even the United States Department of Agriculture has never made a study of this important subject, or of the influence of proper fertilizing with crushed rock on the mineral contents of food.

If more attention were devoted to the subject of building the body with food, and less to the poisoning of the blood with filthy animal matter, it would be well for humanity. However, now that "vitamines" are discovered, perhaps they may share the popularity of serums.

Summer Vacations

ABOUT this time of the year many of my readers begin to consider a summer vacation. See that you plan wisely. Sometimes people return from a vacation more tired than when they left.

A change of scene and surroundings is good, but it is not wise to leave a quiet comfortable house and move into noisy, stuffy lodgings. Get into the open air. If you have a garden in a restful part of town you may sometimes do better by playing at camping out at home. Rest and recuperation should be the object of those who work all the year round. Avoid severe and unusual physical stunts. Have no set programme. Make up your mind to loaf. This does not apply to the young and vigorous. I am writing for those who have reached or passed middle age and lead a sedentary life. Such persons will do themselves harm rather than good by exhausting mountain climbing, or hours of swimming. The sudden change is too great.

After the return from a vacation there is often a "breaking out," especially among children, whose blood is more pure than that of the average adult. This is a sign that the oxygen baths have encouraged Nature to undertake a house cleaning, and remove from the blood impurities that have long been lurking there. If you attempt to suppress these eruptions you do so at your peril. Rather encourage them, or you will lay the foundation for serious trouble in the future.

While you are resting the mind and body, give the overworked stomach a rest, also. Change of climate will do little good so long as you carry bad dietetic habits with you. Most people, when they take a holiday, eat more than usual, perhaps consuming three big meals daily at a resort hotel, because they have nothing else to do. If you spend your vacation where you can eat fresh ripe fruit, and nothing else, you will come back rejuvenated, and prepared to face the battle of life with renewed hope and energy.

Soap Versus Serums

WE hear much of the triumph of "medical science" in overcoming or "stamping out" epidemics. When we investigate, we find that the miracle is due to common cleanliness. It was cleanliness that made Havana and Panama habitable. Malaria, as its name implies, is due to bad air, from decaying vegetable matter. When swamps are cleaned up, the mosquitoes disappear also. Cleveland got rid of a smallpox epidemic through a thorough cleansing, after every other method had been tried, in vain.

When the black plague, and typhus, and cholera periodically swept over Europe, in the Middle Ages, living conditions of the people, even of the middle classes, were inexpressably filthy. Men were foul within and without. When they could, they poisoned their blood by gorging on enormous quantities of meat. Bathing was almost unknown. Filth was considered saintly. Their lives were short and only the active outdoor life, in jousts and tourneys, when there was not real war, kept the majority from dying before middle age. When smallpox came, as a house-cleaning process, they became a mass of corruption.

As cleanliness increased—inner and outer cleanliness—these filth diseases became more rare, until now they are confined to plague spots of the far East, where soap is unknown, or to an occasional outbreak when war develops filthy conditions and breaks down the resistant power of millions. Such epidemic filth diseases can no more flourish today in a clean American city than you can grow corn on cement sidewalks, or set fire to a pile of iron filings. As heretofore explained, when there is dirt in the cracks of the sidewalks, there will to that extent be vegetation, and when there are shavings among the iron filings, they will to that extent burn.

The disappearance of typhus, smallpox, plague and cholera as epidemics, is not due to serums. Vaccination has kept smallpox alive. Otherwise it would be as rare today as are those filth diseases of the Middle Ages .

What cities need are not high-priced political doctors, with germ theories and useless quarantines, but practical sanitary engineers, employing plumbers and men with brooms and shovels. Also, we need to teach people how to keep their colons clean.

In combating diseases, soap is much more effective and much more wholesome and rational, than serums.

A World City

WHILE the world is full of wars and rumors of wars, there are yet dreamers who dream of peace on earth and goodwill toward mankind. And their dreams shall come true, some day—perhaps, although nearly two thousand years have passed since the angels sang at Bethlehem.

A long step in the direction of universal peace is the bringing of the peoples of the earth together so that they may know each other. We are apt to fear and hate those we do not know. Last month I quoted Charles Lamb, who wrote: "There are races whom we despise and it generally turns out that we despise them because we do not know them. We have not found the same common footing of humanity with which to deal with them." This feeling is disappearing slowly, but surely, as the world grows so very small.

After ten years of thought and labor, Hendrik Christian Anderson, an American-Scandinavian sculptor, residing in Rome, assisted by two score architects, sculptors and engineers, has perfected a plan for an ideal world city, where all international activities are to have their home and inspiration, a city without slums, a city of wide avenues, parks, playgrounds, fountains, lagoons and noble buildings, a clearing house for the social, cultural, scientific and political aspirations of humanity. As designed, the world city will cover ten square miles and will cost \$100,000,000, a mere trifle when divided among the governments of the world. Numerous places in Europe and America have been suggested as sites.

Surely, a dream that is well worth dreaming. After we have recovered from our Pacific Coast fairs and their aftermath, let us work for the World City, as another step toward universal peace, and human fellowship. And where would be a better location than California for such a city?

Co-operation

MANY experiments have been made in co-operative enterprises, and few of them have succeeded. This does not reflect upon co-operation, but rather on lack of ability in those who establish these enterprises, and in the general selfishness of human nature.

The Co-operative Wholesale Society of England is fifty years old. Its annual turnover is about \$150,000,000. Its business includes wholesale dealer, manufacturer, grower, miner, banker, insurer, and carrier. It operates the biggest flour mills and the biggest shoe factory in Great Britain. It manufactures woolen clothes, prepared foods, and many household articles. It operates creameries, print shops, and is now buying coal lands. It has a bacon factory in Denmark, a tallow and oil factory in Australia. It grows tea in Ceylon. It has buyers and warehouses in the United States, Canada, Australia, Spain, Denmark, and Sweden. It owns steamers plying between continental and English ports. It insures property and persons of its members.

The directors of this great and successful business are chosen democratically by all of the people interested in the operations of the society, numbering 2,750,000, through 1400 retail societies. Men are chosen who, by conspicuous service in local societies, have won the respect and confidence of their fellows. Each gives to the society his whole time and attention, and receives a salary of only \$1500 a year.

Belgium has—or had—a remarkable co-operative enterprise started thirty years ago by Eduarde Anseele, a Socialist baker of Ghent, in a dark basement. A society was formed called the Vooruit, or "Forward." The profits went to extending the business. The "House of the People" is a magnificent workingman's club, built by the Vooruit. More than half the inhabitants of Ghent are members, and it has over two hundred affiliated societies. Little dog carts delivered the bread daily through the streets of Ghent. The profit was returned to members every three months in credit for further purchases in any of the hundreds of co-operative stores, including department stores, clothing stores, drug stores, shoe shops, coal depots, and meat markets. In the "House of the People" there is a theatre, a cafe, lecture halls, a beer garden, gymnasium, movies, kindergarten, and concert hall. Anseele became a representative of the people in the Belgian parliament, and is worshiped by the Belgians.

To give an instance nearer home. Anaheim, in Southern California, known as the "Mother Colony," was started as a co-operative colony fifty years ago. German workingmen in San Francisco each subscribed a small sum weekly. When they had accumulated sufficient money, they sent a committee to select a tract of land. The land was irrigated and vines planted thereon. When the vines began to bear, the subscribers moved down with their families and established their homes. German thrift and thoroughness made this venture a success.

What these people have done others may do, if they will work together in harmony, and have confidence in each other. While waiting for the Universal Commonwealth, it would be well if men would do more to help themselves. A hundred thousand with ten dollars each can do as much as a man with a million.

Traps for Men

SOLOMON wrote of the "simple youth," lured to his undoing by the "strange woman," who tells him: "The man is not at home. He has gone a long journey." Did Solomon, perhaps, know of the "badger game?"

We have heard much of late regarding the perils of girls in big cities. Something should be said on the other side of the question—on the perils encountered by men in large centers of population. A woman beguiles to her apartment a man who has reputation and money to lose, places herself in a compromising position, when her confederate, posing as her husband, bursts in and makes the victim give up all the money he has on his person, and perhaps sign a check. If the victims of such plots were confined to men who are themselves hunting for game, they would not be deserving of more sympathy than the hunter who falls into a trap, but such is not the case. No man's reputation is safe from these harpies. Recently, in Los Angeles, an architect was summoned to the rooms of a woman, who said she wanted to build an apartment house. She lived with her mother. A man, supposed to be her husband, appeared, the woman partially disrobed, the man was forced to do likewise, and be photographed with the woman, and to give up several hundred dollars, and sign a check.

This man had spunk. He prosecuted the females. Before the end of the trial, they broke down and pleaded guilty. Such prosecutions are rare. First, because of the prevailing hypocrisy in this country regarding all matters affecting the relations of men and women, and second, because the American press and public almost unanimously take the woman's side, before hearing any evidence. The man who prosecutes such cases does a public service.

More recently, in Los Angeles, an old man of good reputation killed himself, rather than face the publicity with which he had been threatened by a fake detective.

These pitfalls for the unwary are more of a menace to a community than poker games, opium joints, or "blind pigs." They should be wiped out, and the degenerates who run them should be given the limit of the law.

Meantime, men who have reputations or money to lose—or both—should heed Solomon's advice, and beware of the "strange woman." Finally, when an adventuress accuses a man, withhold judgment, and give the man the benefit of the doubt.

A Serious Problem

ID it ever occur to you that you and I are today facing the most serious problem that has confronted us since Abraham Lincoln left the quiet commonplaces of a country law practice to work out the salvation of a passion-torn people? I refer to a propaganda which, if successfully concluded, would operate to deprive you and me of that most important kind of personal liberty—the right to choose for ourselves the kind of curative agent we want when we are ill. In short, our medical freedom.—Medical Freedom.

War and Civilization

AMONG by-products of this war are illegitimate babies. They are giving trouble in European countries. Society does not quite know whether to frown on them, or to welcome the boys as food for future cannon, and is looking to "sky pilots" for advice. English army doctors, and clergymen who are studying the situation closely, say that large numbers of girls are under the influence of a species of hysteria. These investigators declare that the women are attracted by the physical perfection and trappings of the soldiers. Nothing new about that.

Another after-effect of the war will be the killing of paramours, when soldiers return and find their wives unfaithful. Men will be used to killing by that time.

War breaks down conventions. In other words, it scrapes the thin veneer off what we call "civilization." Napoleon said: "Scratch a Russian and you will find a Tartar;" to which I may add: "Scratch a civilized man and you will find a barbarian," throwing bombs on women and children, sinking merchant ships and fishing boats, poisoning the air with stink pots in Europe, and poisoning wells in Africa.

It is about time for heathen nations to send a few missionaries to Europe.

Moral Indifference

IF ignorance and passion are the foes of popular morality, it must be confessed that moral indifference is the malady of the cultivated classes. The modern separation of enlightenment and virtue, of thought and conscience, of the intellectual aristocracy from the honest and vulgar crowd, is the greatest danger that can threaten liberty. When any society produces an increasing number of literary exquisites, of satirists, skeptics, and beaux esprits, some chemical disorganization of fabric may be inferred. Take, for example, the century of Augustus and that of Louis XV. Our cynics and railers are mere egotists, who stand aloof from the common duty, and in their indolent remoteness are of no service to society against any ill which may attack it. Their cultivation consists in having got rid of feeling. And thus they fall farther and farther away from true humanity, and approach nearer to the demoniacal nature. What was it that Mephistopheles lacked? Not intelligence, certainly, but goodness.—Henri Frederic Amiel.

Anyone approaching this country in an airship and looking down on it and seeing our great fertile fields and rich mines and the comparatively small population, and then seeing the number of unemployed—the number of people who are not employed as they should be—would think this was a lunatic asylum.—George W. Perkins.

The true spirit of conversation consists more in bringing out the cleverness in others than in showing a great deal of it yourself. He who goes away pleased with himself and his own wit is also greatly pleased with you.—Bruyere.

Briefs

Animal bones, found in Wyoming, are said by scientists to be 200,500,000 years old. Why couldn't they make it an even 201,000,000?

Relics of a people 10,000 years old have been discovered in Turkestan. It is said they had no weapons, and lived in peace with their neighbors. Therefore they were not civilized.

Christian ministers and priests are now fighting in armies of all warring nations.

Mrs. Walter Pulitzer says that more dancing means fewer divorces. On with the dance!

England proposed an extra tax on beer containing more than seven per cent. of alcohol. That is more than twice the alcoholic content of American lager beer.

Women are rapidly getting their rights. In Japan a woman won a \$10,000 breach of promise suit, and in Los Angeles a woman was permitted to pay her husband \$40 a month alimony.

Thirty-two passengers on a trans-continental train arriving in Oakland, Cal., were forcibly vaccinated, because a passenger who had traveled a part of the distance "was believed to have smallpox."

The Rock Island Railroad has banned cigarettes among employees. We are told that cigarettes cause inefficiency. That all depends. Col. Goethals is a constant smoker of cigarettes.

Astor on the Titanic, and Vanderbilt on the Lusitania, have done much to remove the odium attaching to the American "idle rich."

Westminster College (Presbyterian), Denver, says co-education is a failure, and the half-million-dollar girls' dormitory will know them no more.

Our militia is spoiled by police work and politics.

The two platoon system for firemen is in the interest of efficiency as well as humanity.

Japan, with about the area of California, has a population of 53,000,000, rapidly increasing. She must spread or burst.

More buggies were sold last year in the United States than ever before, a total of 2,200,000.

A group of New York men and women have formed a Birth Control League, to secure repeal of laws prohibiting the giving out of information concerning methods of birth control.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, JUNE, 1915

No. 1

Four Years Old

ANOTHER anniversary. This being number one of volume four, consequently, our fourth birthday. Congratulations are in order. Also birthday presents. Suppose you send us a subscription for a friend—or for several friends—who might appreciate the magazine. If every subscriber did this, it would help me to make the magazine better and bigger, and to do more good. I am doing my share. Will you do yours?

Thank you in advance. Five subscriptions for three dollars.

City Elections

IN Buenos Ayres—soon, if it keeps up its present gait, to be the leading city of the Western Hemisphere, if not of the world—the City Council is elected by taxpayers who pay \$100 or more per annum, and a Councilman must pay city taxes to the amount of \$500 per year.

This is right. Votes in municipal elections should be confined to those who pay city taxes. A city is a big business enterprise, to raise and spend money for municipal purposes. As a city, it has nothing whatever to do with national or State policies. Of late we have begun to recognize this, by taking city elections out of politics and appointing business managers for some of our cities. We should go further, and restrict voting at municipal elections to taxpayers. As it is, a majority of the voters have no more interest in the city than the renting of a room or a house. Sometimes these lodgers are even elected to make our city ordinances. It is as unreasonable for a man who contributes nothing to the expense of running a city to have a voice in the expenditure of the money, as it would be for a man to insist on voting at an election of directors of a corporation in which he holds no stock.

A German military critic says: "Neutrals must accept the war as it is, and adjust themselves to it." That is absurd. Brawlers might say the same on a public street.

In 1815 a coalition of European powers crushed Emperor Napoleon and exiled him to St. Helena. In 1915 ———?

Flies and Foolishness

WITH the coming of summer we shall again hear on all sides the parrot-like cry "Swat the Fly," based on the prevailing medical error of mistaking the effect for the cause, and attributing all disease to "bugs." Surgeon-General Blue estimates the cost of flies to the United States at \$157,800,000 a year. I figure it at only \$156,797,853.50, but then, experts will differ. Did you ever think what would happen, in the unfortunate event that these fly swatters should be able to exterminate every fly, without removing the filth on which they breed and feed? The world would be visited by the worst epidemic ever known.

Like the gulls of the sea shore, the buzzards of South America, the dogs of Constantinople, and the germs that infect the human body, flies are beneficent scavengers. Remove the filth and the flies will disappear. Unless you do this, you should be thankful to the flies, and should protect them.

New and True

EVEN those who think are often staggered at a daring innovation. They are unable calmly to judge of what is good or bad in something entirely new to them.

Keep an open mind. Remember that a thing may be as new as anything under the sun can be, yet be true. When Christianity first appeared, one of the few Roman writers who mention it at all referred to it contemptuously as an "absurd, pestiferous and execrable superstition." Those old Romans showed less conception of the importance of the new movement than some of our present-day philosophers do of the growing influence of Socialism.

War News

I HAVE several good German friends who believe all the unfavorable news they read from Germany about the Allies, and disbelieve all the unfavorable news they read from England and France about Germany. Also, I have several good British friends who do the same thing, only reversed.

Intelligent neutrals have ceased reading the "official communiques" from the warring countries, because they tell only of victories for their own arms, or at most, of "slight reverses" and "strategic retirements."

Strange, is it not, that in these days of universal education, wireless telegraphy, and daily newspapers, there should be so much lying and credulity?

No Joke

IT is hard to live down an early reputation. Some of my friends persist in regarding this as a humorous publication, because 35 years ago I edited the San Francisco Wasp. Bob Burdette was never taken quite seriously, as a preacher, by those who knew him in former days.

I assure you that BRAIN AND BRAWN is no joke. There are no "funny pictures"—except my portrait.

Workingmen in Argentina demand a prohibitive tariff on American shoes. The tariff is a weapon that can be made to cut both ways.

Why Should the Spirit of Mortal Be Proud?

(P)H, why should the spirit of mortal be proud?
 Like a swift-fleeting meteor, a fast-flying cloud,
 A flash of the lightning, a break of the wave,
 He passes from life to his rest in the grave.

The leaves of the oak and the willow shall fade,
 Be scattered around, and together be laid;
 And the young and the old, and the low and the high,
 Shall moulder to dust, and together shall lie.

* * * *

So the multitude goes, like the flower and the weed
 That wither away to let others succeed;
 So the multitude comes, even those we behold,
 To repeat every tale that hath often been told.

For we are the same that our fathers have been;
 We see the same sights our fathers have seen;
 We drink the same stream, and we feel the same sun,
 And run the same course that our fathers have run.

The thoughts we are thinking our fathers would think;
 From the death we are shrinking our fathers would shrink;
 To the life we are clinging they also would cling;
 But it speeds from the earth like a bird on the wing.

Yea! hope and despondency, pleasure and pain,
 Are mingled together like sunshine and rain;
 And the smile and the tear, the song and the dirge
 Still follow each other, like surge upon surge.

'Tis the twink of an eye, 'tis the draught of a breath,
 From the blossom of health to the paleness of death,
 From the gilded saloon to the bier and the shroud:—
 Oh, why should the spirit of mortal be proud?

William Knox.

Brooklets

As between a dog poisoner and a dog, which is the "inferior animal?"

* * *

Persons who throw orange or banana peel on the sidewalks are either fools or criminals.

* * *

To try to settle a commercial dispute by a strike is as foolish as to try to settle a racial dispute by war. Violence never settles anything permanently.

* * *

That man is to be envied who has congenial work.

* * *

Some would analyze God, vivisect Love, and explain away Life. Leave us a few illusions.

* * *

Unfortunately, women often dislike men they respect, and love men they cannot esteem.

* * *

Almost daily we read of a suicide from ill health. How sad. And how unnecessary.

* * *

Wait a year before deciding whether an operation is "successful."

* * *

Do not praise me for telling the truth. It is selfishness. I could not sleep well, if I did otherwise.

* * *

Many chauffeurs suffer from auto-intoxication.

* * *

When run down financially, decrease the outgo and increase the intake. When run down physically, reverse the process.

* * *

Magazines specializing on Noted Writers are usually dull reading.

* * *

When a man dies "in spite of all that medical science could do" it means he has been stuffed and doped until Nature gave up the fight.

* * *

Why does God permit steeple houses to be struck by lightning more often than saloons? Probably because God works through natural laws.

* * *

People who pretend to understand and admire old masters and classical music are mostly humbugs.

Diet for the Prospective Mother—1.

PROSPECTIVE mothers should not be persuaded to drink wine, beer, or, what is worse, whiskey, in order to have plenty of milk. This is a false theory, and a grave mistake, because these alcoholic stimulants are not only detrimental to the mother, but also to the child. I even go further, and advise leaving off coffee, tea, chocolate and beef "tea," if you would avoid having a nervous child.

Women who are accustomed to meat should eat only a small quantity once a day, either mutton, poultry or wild game. I do not advocate meat, as it is not only absolutely unnecessary, but in my opinion, it will not help a prospective mother to bring a healthy child into the world. I have seen young mothers give birth to perfect children, who have been strict vegetarians. I call to mind the case of a little girl, the first baby born by a young mother who was a strict vegetarian, as was her husband. This child was the most perfect baby I have seen. The mother had more milk than the baby could consume, and the baby, who is now six years of age, has never been sick one hour. Also, the mother had an easy delivery, without pain, and when I asked her the third day, "How do you feel?" her answer was, "Doctor, I feel like a humbug." I asked her why. "Because I lie in bed when I feel as though I might be up and doing my work." This mother, as I stated before, was a strict vegetarian. She lived a harmonious, hygienic life, had taken a cold sitz bath every day, and lived out of doors as much as possible.

Avoid much starchy food, especially mush of any kind, as it makes gas, and distresses the stomach. Sweets, especially candy, should also be avoided, as they ferment and make gas. The best food is fruit, fresh and cooked, fresh vegetables, rye, wholewheat or graham bread, but never fresh bread; cheese, as cottage cheese, or American cheese, but never ripe cream cheese. The plainer the meal and the less mixing of food, the better. The American nation has become a slave to sweets, starchy foods, and a mixture of food at meals. Avoid anything fried, and all greasy foods.

Avoid condiments. I have seen people putting a great deal of salt and pepper on their food, without being able to taste it when it had been seasoned enough. Condiments are irritants, and fire the blood, especially salt. They will bring on hardening of the arteries. Vinegar is injurious, as it makes the blood thin.

As to how often a person should eat, there is a great difference of opinion. I do not advocate the no-breakfast plan, or only two meals a day, especially not for a prospective mother. I believe it is better for her to eat often, and a little at a time, because then the stomach is able to digest more easily. A good maxim is: Stop eating when the food tastes best.

If you avoid condiments, greasy foods, fried foods and pickles, you will not be thirsty. If you are thirsty, drink good, clear water, and drink it slowly, and not too much at a time.

The theory of nourishment has undergone a great change during the past few years. The theory that meat and all foods that contain a great amount of albumen are the most nourishing foods, is exploded. It is not the albumen which builds up the human body, but the organic salts in vegetables and fruits that are the cell builders. Organic salts are found plentifully in all vegetables and fruits.

Look at the Irish peasant. His main meal is composed of potatoes and skim milk, or clabbermilk. He is strong and healthy. The same holds good in regard to the German and French peasant. They eat meat twice or three

times a week, little at each time, and they make the best soldiers. In the German army, in which I served four years, our daily ration of meat was five ounces, with four pounds of black or rye bread every three days, without butter, but with plenty of vegetables and potatoes. I can assure you that a finer lot of healthy men I have never seen. Even the middle class of Germans have meat only once a day, and the children receive a very small piece. I remember when, as a boy of fourteen, I ate a piece of sausage with very little bread, my mother told me it was vulgar, and that I would surely become a gourmand.

In another article I will give more definite advice on the subject.

CARL SCHULTZ, N.D., M.D., D.C.,

Los Angeles.

Thinking, Eating and Living Long

BOILED down into two words, the best prescriptoin in the world for the elixir of long life is "dieting" and "thinking." This was experimentally demonstrated more than 400 years ago by an Italian gentleman of quality named Luigi Cornaro.

And that which in substance he advised his readers to do was to diet and to think.

Quite recently the very same prescription for long life was given to me by a man far more famous than Luigi Cornaro—the honored ex-president of Harvard University, Dr. Charles W. Eliot, who, at eighty-one, is astonishing the world by the vigor and variety of his activities.

Said Dr. Eliot:

"There are two things a man must be sure to do if he wants to live to a happy, healthy, useful old age.

"One is to eat and drink in moderation—to be temperate in all things. The other is to give his mind exercise as well as life. Do you really think?"

Now, these are the very things that most of us neglect doing. Far too many of us drink too much, especially of alcoholic beverages. And nearly everybody overeats. As for thinking, nine people out of ten do not think at all in the true sense of the term, but are content to let others do their thinking for them.

Reader, I put it to you personally:

To which class do you belong? Do you lead a temperate life? Do you really think? You must do both if you would make sure of a long and prosperous life.—Addington Bruce.

MOONSHINE.

FOLLOWING is from our esteemed contemporary "The Stellar Ray," now defunct:

"Planets evilly aspected in these signs give rise to diseases affecting the parts of the body over which the signs have rule, for instance diphtheria, which is a disease affecting the throat is caused by evil planets situated in the sign Taurus. Mars in Aries gives a liability to brain fever, and Saturn afflicted in Sagittarius causes hip joint disease."

How about moonshine? Some say it causes insanity.

At the battle of Waterloo, fought in June, 1815, only 24,000 British troops were engaged.

A Constructive and Defensive Army

THE ideas of George H. Maxwell and mine seem to run in similar grooves. Last month I mentioned that Mr. Maxwell acknowledges having got his idea of the National Irrigation movement from editorials I had written in the Los Angeles Times. Again, several months ago, in *BRAIN AND BRAWN*, I suggested that we should mobilize men, not for destruction, but for construction, in such work as forestry, irrigation, etc. Since then I have received a copy of Mr. Maxwell's latest book, "Our National Defense—The Patriotism of Peace."* In this book the author brings out, convincingly, the idea of a constructive army. A system of national defense that will protect against the invasion of nature's destroying forces, and at the same time be instantly available as a military force, in the event of an invasion by an army of another nation, is the keynote to his plan. He would have the government help people to establish small acre homes on irrigated land, where they would be taught intensive cultivation, and at the same time prepare to give their services to the government in case of invasion. On these acres they would be taught by experts how to cultivate the soil, so as to make it highly productive.

Had this book been written by another, it might have been considered the work of a dreamer, but Mr. Maxwell has shown that he is entirely practical by what he has accomplished in national irrigation.

The legislative machinery necessary to inaugurate the plans for work to be done through the forest service and the reclamation service is all provided for in the Newlands-Broussard River Regulation Bill, now before Congress. That bill provides for river regulation, flood prevention, land reclamation, and settlements, and the establishment of forest plantations in all parts of the United States. Those who favor the plan are urged to concentrate their influence, first, on the passage of this bill, as the entering wedge to the ultimate adoption of the entire plan. Copies of the bill, and explanatory printed matter may be had by writing to the National Reclamation Association, 331 Maryland Building, Washington, D. C.

Mr. Maxwell has been in Los Angeles during the past month. He may decide to maintain an office here, and establish the headquarters for this constructive campaign in Los Angeles, where the National Irrigation movement originated.

One Swallow Does Not Make Sickness

THE fanatic cannot realize that there is a great difference between eating improperly occasionally and eating wrongfully all the time. An occasional drink does not make a drunkard. An occasional indigestion in a child does not build tonsilitis. Errors of body and mind must be practiced daily to become disease-building. Reading occasionally will not educate. Practicing on a violin occasionally does not build a skilled player; it takes the labor of six or ten hours a day to build a virtuoso.—Philosophy of Health.

The first factory in the United States for the making of potash from kelp will start work in a few weeks, on the coast of Los Angeles county, near El Segundo.

*For sale by the Rural Settlement Association, Cotton Exchange Building, New Orleans, La.; price \$1.25, including postage. In Los Angeles at Parker's Bookstore, Broadway; or Otto Carqué, 1605 Magnolia Avenue.

A Grateful Old Age

DR. J. M. PEEBLES, Christian Spiritualist, philosopher, and world traveler, was invited to celebrate his ninety-fourth birthday at the home of Mrs. J. C. Stuart, in Los Angeles. Following are extracts from his address, read by his associate, Robert Peebles Sudall:

"Ignoring the spirit of egotism, I say that were Dr. Osler in Los Angeles today, I would challenge him for a foot race around a city block, or for the writing of an essay of 2,000 words or more for a magazine, upon any subject except party politics. . . .

"Considering the world, oriental and occidental, as the great commonwealth of God, I regard every man as my brother, every woman as my sister, whatever the climate or the color of the skin; and towards each human being I cherish only the emotional feelings of kindness and love. . . .

"Being asked a while since if I would not like to be young again, my prompt reply was, No—a thousand times No! As well ask the acorn-burdened oak if it would like to be a puny sapling again, or the bright-winged butterfly if it would go back to the chrysalis stage of life. Grand is that period of time when the grayed hairs appear and when the curves and furrows are chiseled upon the facial features. They symbolize experiences, studies and wisdom. Candidly I seek no backward voyage across the sea of life. . . .

"Seen from the optimistic standpoint, this is really a beautiful world, rain-bowed with a thousand promises. Whirlwinds, earthquakes, volcanos and wars are nature's and nations' processes of progress. The wildest winds that howl purify the air; the rains that rust the grains revive the grasses. It is the frictioned steel that shines the brightest. . . .

"Each individual should seek to benefit and beautify the world. Each should mentally and morally unfold, like the springtime flowers, and each should grow old in years gracefully, ripening like the apple and the orange, ready for the harvest.

"The aged have a quiet charm of their own, a serene memory of good works done; a calm, rich experience of benevolent offerings, of noble purposes accomplished, and of magnificent victories won."

Scrambled Eggs à la Tyrol

FOLLOWING is an extract from an article contributed by me to the Los Angeles Times magazine of April 17, on the principality of Lichtenstein, adjoining the Tyrol, through which I walked, nearly fifty years ago:

"I was glad to come across a small village, and to see the sign of an inn. After performing my ablutions, in a tin basin about as large as a soup plate, I called for eggs and a schoppen of wine. The short-skirted daughter of the house, whose arms were as big as my legs, asked how I would have the eggs cooked. I replied that I would have 'ruehreier,' or scrambled eggs. Then she lifted her big leather apron, covered with the dry, black grease and grime of several generations, and was preparing to break the eggs into it and beat them up, when I suddenly discovered that I had changed my mind, and asked her to serve them 'à la coq,' as the French say."

There are incurable patients, but no incurable diseases. Every disease is curable, as long as the vitality is not too low to react to natural living and treatment, and as long as destruction of vital parts and organs has not too far advanced.—H. Lindlahr, M.D.

The Unconventional Girl

THE girl who wants to be unconventional should wait until she is 30 to try it. It seems brave, when one is young, to talk about "being free" and "not caring what the world thinks," but when one is older it is otherwise. All women want to be liked by "nice" people, and all women want to be considered "nice" by others.

The girl who breaks conventions always regrets it. She may pretend she doesn't, and adopt a defiant attitude, but inside she does. That is why I beg young girls to wait until they are 30.

By that time they have their balance and they have judgment, and can realize the step they are going to take. They may think the emotional years of their lives are passed by that time, but it isn't so. A woman of 30 has deeper, finer emotions than the girl of 18.

I am talking of the subject that is nearest to every woman's heart—whether she says it is or not. I don't want to talk about the ethics of an "unconventional life"—or, what is called immoral life.

I want to talk about the bad taste of unconventional life, and trace the desire to break the bonds of what we call "good conduct" to the source of it—to that vulgar cheapening of American girlhood, by spooning, kissing in hammocks, shady arbors, and at picnics. . . .

I would like to say to girls who have theories: Do nothing until you are 30. "Is it more moral to do the wrong thing at 30 than at 18?" At 30 you will be so fastidious that you will not enter into an unlovely intrigue.

Intrigue is unlovely. A physician said to me that there was nothing so disintegrating as a secret. I am talking about the way of remaining beautiful.

Some things the young girl will have to take from those around her. Some things will have to be accepted on hearsay, and the worst of an intrigue is: it usually leads to another, another, and another. One may say when in love with one man that it is impossible to love another, and that's the way to feel. But passion is a hungry beast, and it feeds only upon itself.

I am not censuring a woman who loves a man if she doesn't believe in marriage. I insist that, since she is engaging herself in an attachment that is easily dissoluble, she will be unconscious of that greed within her, will probably go on to the next one.

Then her fineness will begin to go, and her charm—for she is no longer of the select. She is no longer of the delectable. She is not aloft.—Louise Closser Hall in "Health Culture."

"Twilight Sleep"

FOLLOWING is from a recent New York dispatch:

"'Twilight sleep' in childbirth today was practically abandoned by the Polytechnic clinic and the big city hospitals here. It was stated that too many 'blue babies' were being born under this method, which indicated that the system had a tendency to suffocate the infants. The high percentage of deaths among both mothers and children was also cited as cause for its abandonment."

In 1791, the per capita wealth of the United States was \$183; in 1914 it was estimated at \$1318.

An Experiment in Eugenics

PROBABLY the most pretentious and long lasting experiment ever made in eugenics, or the better borning of children, was that of the Oneida Community, in New York State, beginning in 1848. There were 202 members, on 640 acres. The objects were horticulture, manufacturing, publishing, "perfectivism," sociology and "Bible communism." They were not free lovers, in the ordinary sense of the term. They called their system "complex marriage" and practiced what is known as "male continence," taught also by Mrs. Stockham, Henry Gage, Otto Hanish and other "advanced thinkers." They were much despised in the first years of their settlement, but as they were exceptionally honest and industrious they prospered and went steadily forward, buying land, building houses, establishing manufactures, and earning the respect of their neighbors.

They believed the begetting of a child quite too important a matter to be left to chance. No child was permitted to be conceived unless both parties to the act were sound, mentally and physically, and properly adapted. There had been but two "accidental children" in the community of 300 members in ten years and twenty babies deliberately planned were born within 24 years. These all lived and developed unusual physical beauty and strength and mental ability. There were some prodigies among them.

All the members, male as well as female, were workers. The men assisted the women in all domestic work, performing such household labors as required strength. The women helped on the farm. Food not raised was purchased wholesale.

The Community enjoyed a remarkably prosperous existence for over 30 years. In 1879, yielding to bigoted church persecution from the outside, social communism was abandoned. The property was divided and the Community dissolved. Some of the members removed to Niagara Falls, to Santa Ana, Cal., and other places. Products of the Oneida Community may today be found in first class grocery stores.

A full account of this community, together with a thousand other odd, curious and interesting things, may be found in that remarkable book, Dr. Foote's Home Cyclopedia of Popular Medical Social and Sexual Science.

Material for Vivisection

THE dog of a French soldier followed him to the war, lived with him in the trenches and shared his blanket at night. A shell killed a dozen men and buried this one, badly wounded, in a trench which the explosion half filled with earth. The dog dug frantically for his master and managed to expose his face before he suffocated. Then he seized other soldiers by their clothing and finally succeeded in drawing them to the scene. They unearthed their comrade and put him on a hospital train into which the dog also managed to force his way. At the hospital near Paris the man's leg was amputated, and the devotion of the dog was such that the attendants found a kennel for him near the kitchens and allowed him to visit his master twice a day. His love for the wounded man was so great and his sympathy with his suffering so evident as to touch the hearts of all who saw it.—Rochester Post-Express.

Don't fail to look through that list of good books on health. There is a liberal education on the care of the body to be had from them.

Height and Weight

At a meeting of American and Canadian insurance men, about six years ago, the statement was made that all weight tables are ten per cent. too high. This I have been saying for many years. The fact is, that in civilization, men of normal weight are so scarce that the doctors do not recognize them, just as they fail to recognize the natural cause of disease, because they never see it uncomplicated by drugs and food.

By request I republish, from BRAIN AND BRAWN of May, 1913, the following table of height and weight. It is from an old Greek standard, at a time when the cultivation of a "sound mind in a sound body" reached a higher ideal than it ever has since. Add for clothes ten pounds for men, and five pounds for women. Also, remember this, to which I have never seen reference in any writing on the subject. The weight of the skeleton makes an important difference. Some persons have very heavy bones. Others have very light bones. In extreme cases you should add or deduct several pounds for the difference in weight of the skeleton:

—Men—			—Women—	
Height	Fat	Normal	Fat	Normal
5	126	110	122	111
5.1	132	115	128	116
5.2	138	120	134	118
5.3	144	125	140	121
5.4	149	130	145	126
5.5	155	135	151	131
5.6	158	138	154	134
5.7	161	140	157	136
5.8	164	143	160	140
5.9	173	150	169	145
5.10	178	155	173	150
5.11	184	160	179	155
6	190	165	185	160
6.1	192	170	187	165
6.2	201	175	196	170
6.3	207	180	200	175

It is a good plan to weigh yourself at regular intervals. A slight change in weight is of no consequence, but if you steadily increase or decrease in weight, you should examine yourself, and find out what errors of diet you have been committing.

An Eye Tonic

An excellent eye tonic is made of one ounce of distilled water and one grain of alum. Apply with a dropper, which can be bought for five or ten cents at any drug store. A drop of the tonic in each eye is a good preparation for the theatre or ball, when you will be late about retiring and the lights will be trying. It will freshen the eyes, cause redness to subside and give them a brighter and more open appearance.—C. L. McCleery, Dr. Op.

Back numbers of BRAIN AND BRAWN are disappearing. Better make up your list before it is too late.

Epsom Salts

EPSOM salts takes its name from the town of Epsom, fourteen miles from London, where the celebrated Derby race is run. It is composed mainly of magnesium sulphate. The mineral springs were discovered about 1618, and for some time after their discovery, the town enjoyed a wonderful degree of prosperity. It was often visited by Charles II.

When I was a boy in England, Epsom salts was the universal panacea for constipation. It is still used by many who have not learned that all mineral laxatives are harmful, whether called "harmless cathartics" or anything else.

For external application, many praise the use of Epsom salts in a hot bath. A correspondent says he has found it a most valuable remedy for burns, using one ounce of the salts to a pint of water.

Anti-Militarism in Germany

EVEN in Germany, a voice is occasionally raised against the spirit of militarism. Thus, in the Gotha Diet, Herr Schauder (Social Democrat) refusing to vote for the estimates, said:

"I have always loved my fatherland, and am perhaps a better friend to it than many of those who revile us. But patriotism cannot be inculcated by force. I therefore hold the proposal to introduce patriotic drill into the continuation schools (Fortbildungs-schule) as an actual danger to the community. It is, moreover, contrary to law. War is an abnormal condition; we must therefore preach to the rising generation, not war, but peace, as the ideal of the future."

Lentil Soup

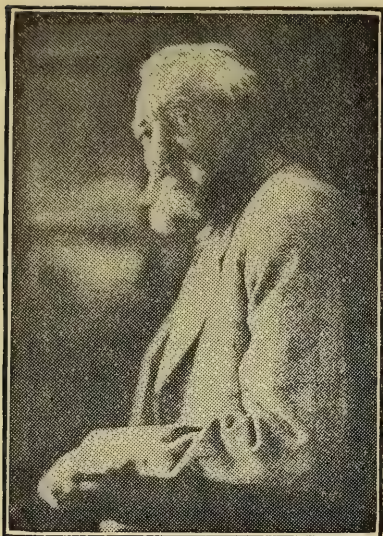
SOAK a pint of lentils over night. Cook with a bunch of parsley in water enough to cover well for about one hour. Add a cup of tomatoes, canned or fresh, a Spanish onion and two carrots, cut into dice. Rub through a colander and reheat with water or stock sufficient to make two quarts of soup. Brown two teaspoonfuls of flour in an equal amount of butter and add to the boiling soup. Cook five minutes longer, season to taste, add more butter, and sprinkle with chopped parsley.—Dr. Lindlahr's Nature Cure Cook Book.

Twenty years ago the per capita consumption of alcohol per annum, in this country, amounted to a fraction over sixteen gallons. Last year, with more than half the country geographically under what is known as prohibition, the consumption per capita was a fraction less than twenty-three gallons.

Our civilization has made it possible to have such a great variety of foods that people have cultivated the habit of overeating. This means overstimulation of the reproductive functions; and if it were not for the counteracting influence of alcohol, tobacco, coffee, and tea, the sex immorality of our country would be appalling.—J. H. Tilden, M.D.

Of the 261 members of the present Yale University Senior class, 167 use tobacco, 143 alcoholic liquor, and 184 wear glasses.

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook N.D.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

KEEPING FIT; Orison Swett Marden; Thomas Y. Crowell, Publishers, New York; 364 pp., \$1.25 net.

Dr. Marden is a prolific writer. A million of his books have been sold. He is a regular contributor to the leading "New Thought" magazines, but he writes on practical subjects.

This book contains many good suggestions in regard to eating for health and efficiency. Some statements I must criticise, as, for instance, in regard to the amount of food, especially proteid food, needed, and that eggs are nearly a perfect food. His criticisms of strict vegetarianism are stale and weak. He refers to the digestive organs of the cow; but man is not herbivorous. He is frugivorous. He says infants could not be kept alive upon a strict vegetarian diet, without milk. That is not true. Infants will thrive on milk made from almonds or the soya bean. However, I do not advocate the omission of dairy products from the dietary.

Apart from these, and a few other statements, this is a valuable and interesting volume. I expect to quote a few things from it, when I can find space.

NEW THOUGHT; William Walker Atkinson; the Elizabeth Towne Co. Publishers, Holyoke, Mass.; paper cover, 36 pp.; 25c postpaid.

This is described as a condensed history of New Thought, and its real origin, with a statement of its basic principles and true aims. The author shows that New Thought reaches back to the oldest philosophical systems of the age. Why, then, call it "new"? He says it includes "Christian Science, the Emmanuel Movement, and all kindred systems of healing," a statement that certainly will be vigorously denied by the Christian Scientists. He further says: "New Thought is not an organization; it is a mental attitude."

This is about as clear an exposition of what the author thinks New Thought is as anything I have read on the subject. It has the merit of brevity.

WHAT I FOUND OUT IN THE HOUSE OF A GERMAN PRINCE; by an English-American governess; Frederick A Stokes Co., publishers, New York; 240 pp.; price \$1.25 net.

This is the story of an English governess, born in America, who spent five years before the war in a German princely house. There she had an opportunity to meet and observe the Emperor, the Crown Prince, Bernhardt, the Krupps, Zeppelin, Gen. Kluck, Dernburg, and other notables. She gives, with great frankness, her impressions of these people. Their conversation all indicated their assurance of a coming war, but it made little impression on her, until the end. After the war broke out, she was interned in a castle, but made her escape. Her views are permeated with anti-German sentiment, due, doubtless, in part at least, to the war. This is an interesting book, especially at the present time.

"Rays From the Rose Cross" is the title of a monthly magazine issued by the Rosicrucian Fellowship, at their international headquarters on Mt. Ecclesia, Sunnyside, Cal.; subscription \$1.00 a year, single copies 10c.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

THE ENEMA IN FASTING.

Robert L.—By the same mail that brought your inquiry in regard to the use of the enema in fasting, I received a letter from Dr. C. E. Page, of Boston, from which following is an extract:

“John D. Barry of your city contributes a very interesting article, appearing in one of our local papers, favoring fasting, but prescribing one procedure which I know to be wholly wrong, namely, irritating the intestinal tract with enema, or otherwise to keep the bowels open, when they should remain shut, by all means. I have had more experience in fasting than any other physician in this or any other country, and I could not let this pass without trying to correct the error. Knowing so well your liberal mind I am sure you will not object to printing both sides of any vital question.”

I was surprised to receive this statement from Dr. Page. I regard irrigation of the bowels as one of the most important things in fasting—at least at the beginning of the fast. I believe, also, that many cases of failure in fasting have been due to the omission of this precaution.

It is astonishing what a lot of foul matter comes away from the bowels, after a long fast. Carrington tells of one case where a very great amount of feces were removed by an enema on the thirty-eighth day of a fast, in spite of the fact that thorough flushings had been taken almost daily. Surely, the irritation from such foul matter is much worse than the irritation produced by an enema. Dr. Page has himself written that a natural bowel movement consists of waste matters secreted from the blood by the glands of the colon, not, as is popularly supposed, of food substances, except when there has been considerable over-eating. This elimination goes forward much more rapidly during a fast, and if the bowels are not allowed to work, extra duties are thrown on the skin, kidneys and lungs.

Dr. Page tells of a woman who fasted for twenty days without a motion of the bowels. I can beat that. I know a woman, in Los Angeles, who went for twenty-eight days without bowel movement, eating three meals a day, and she said she suffered no particular inconvenience. I should not advise anybody to attempt to emulate her example.

In a later letter, replying to one from me, Dr. Page wrote:

“Such cases as you mention are likely to occur occasionally, and I have had some myself, now and then, and in such a condition, it is entirely proper to take careful means of emptying the colon. But, once that is done, every continued injection is a mischievous assault; and under ordinary cases of fasting there should be no thought of enema. The organism is absolutely living on its own waste; and the blood-vessels are just as full of good red blood during a fast as when eating. That blood is made out of the tissues of the faster with nothing to pass off by the bowels.”

I submitted Dr. Page's opinion to Hereward Carrington, author of “Vitality, Fasting and Nutrition,” who replied as follows:

“It is certainly quite contrary to my experience, and to that of everyone I have ever known who has tried the fasting cure. One must not forget that fasting, of itself, is not a cleansing process. It merely prevents poisons from entering the system. The purification comes only from the constant work of the various eliminating organs, which throw off the overload of poisons,

until nature has caught up, and health is fairly well re-established again. If you voluntarily stop up one of the chief avenues of this elimination, it seems to me it should be self-evident that you thereby at once prolong the necessary time of the fast, and also poison the system by the toxic excreta thus retained. And this is borne out by experience, which shows that people do get better; more rapidly, when they thoroughly flush out the bowels. All fasting experts I have ever spoken to hold about this same view of the facts."

STRAWBERRIES.

B. K.—Strawberries contain more of the mineral elements, or organic salts, than any other fruit in ordinary consumption. They contain 65 parts of mineral to the thousand parts of water-free food. They are especially rich in sodium and chlorine. These two minerals combined, make table salt. This large mineral content, together with the large amount of acid they contain, is the reason why strawberries cause many people to break out, on the skin. They are a food medicine. Then people say "I cannot eat strawberries." On the contrary, they should eat strawberries until they no longer break out, when they will know that their blood has been purified. Strawberries must, however, never be eaten with any other food, any more than you would eat castor oil or any other medicine with food. Like other sub-acid fruits, they should be eaten alone. or with ground nuts or ripe olives or a little cream. Finely ground cocoanut, with strawberries, makes a good combination. When you have nothing else to eat with them, and they are sour—as are most of the strawberries on the market—you may sweeten them with a little diluted honey.

DROPSY.

K. R.—There are several different forms of dropsy, according to the part of the body it affects. None of them are causes, but symptoms of the disease from which the patient suffers.

The cure is by the adoption of a dry diet, with friction of the skin, cleansing of the bowels by means of the enema, and hydropathic treatment. Forty years ago, at a Nature Cure establishment in Switzerland, I saw a dropsical patient carried in on a stretcher. Even the manager of the sanatorium thought he could not live. He was awfully bloated. Within three weeks that man was walking around the garden with the aid of a cane.

ULCERATION OF THE UTERUS.

E. J.—When, at childbirth, a uterus is ulcerated, even slightly, it should at once be stitched, or the woman will surely suffer continually from uterine and nervous troubles. This is a simple, harmless and constructive operation.

RHEUMATISM.

Charles T.—As I said a few months ago, rheumatism is a troublesome ailment to get rid of, for the reason that the cause of it has been accumulating in the blood for many years, the cause being errors of diet. This statement is specially true when the disease is treated by "regular" drugging methods, where nature is not given a chance.

On the other hand, remarkably rapid cures have been effected by the simple method of adopting an entirely starch-free dietary.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

HE DOESN'T UNDERSTAND IT.

The last number of BRAIN AND BRAWN is very interesting. In fact, I do not understand it. Every issue seems to be an improvement on the last.—Theodore Wolfram, Columbus, O.

COOKS AND BROOKS.

Herewith money order for \$2.00. "Man may live without cooks," etc., but he cannot live well without Brooks.—Al. Crawford, Box 155, Prescott, Arizona.

CAN'T AFFORD TO MISS A COPY.

Please continue my subscription. My interest in your work is too great to afford missing a single copy.—Albert Platz, Davis, Cal.

INDISPENSABLE.

Enclosed find one dollar in money order for my renewal to BRAIN AND BRAWN. I am like all the others who "come back." I cannot do without it.—Lizzie Rothermel, 303 Main St., Riverside, Cal.

BENEFITED BY HOME TREATMENT.

The three months of my dietetic treatment has expired. I enclose the five dollars balance. The treatment has been a real pleasure, as all of the food prescribed was, and still is, thoroughly enjoyed. I have followed it as closely as I could. I find myself almost entirely cured of the accumulation of gas. I am fine again. My bowels are in perfect condition, and have been since the second week of the treatment.—Mrs. W. H. Schaffer, Claremont, Cal.

WORTH SEVERAL TIMES THE PRICE.

I am just going to send in my subscription for the coming year, but as I have just received the May number, with its splendid offer of Dr. Foote's Cyclopedia at half price, I feel that I must take advantage of it, though I must add, that your magazine needs no inducement of any kind, for I should subscribe for it, were it several times the price. I shall try to send in some subscriptions this summer.—Minnie Wyman, Stanford University, Cal.

Quality In Advertising

ADVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post.*

Licensing of Drugless Healers

BY W. W. IHNE, D. C.

THIS is a question uppermost in the minds of most of the drugless doctors, more particularly the Chiropractors, Naturopaths, Mecano-therapists, etc., for whom there is provision made in very few states. However, the time is coming and it is near when practically every state in the Union will pass legislation providing for an examination for the various forms of drugless practitioners to test their fitness to practice their profession.

But will this be a fair test? It should be. It is unjust to deprive one of practicing a noble profession, one that is doing much for humanity toward the alleviation of pain and sickness. It is also contrary to natural laws to deprive the public from choosing their physician and the kind of treatment they want and the kind they need.

The time is coming, but it will take years, before this matter is properly adjusted, when this licensing proposition or the right of a person to practice will be put on a sound basis—on a basis that will be fair to the practitioner and fair to the public or the patients that will patronize the drugless practitioner.

There is no doubt that a large majority of the Chiropractors and other drugless doctors are sufficiently capable of practicing their profession, but are they capable and have they the knowledge to pass the examination? If not, who is at fault, the doctor, the school that graduated him, or the law? In a few instances the first two mentioned may be the cause, but I believe we all will agree that the law is too severe and the examination too rigid. It is not fair to make the drugless practitioners take a special course merely to get through the examination. However there is no doubt but that this is the best thing for them to do even though they take it by mail, as many are now doing.

This is a waste of time and money unless an absolutely reliable course is taken and the only one to my knowledge is the "Schroth System of Teaching." He has prepared hundreds of drugless practitioners successfully. A card addressed to R. G. Schroth, M.D., 546 Garfield Ave., Chicago, Ill., secures readers of **BRAIN AND BRAWN** full particulars concerning his course in Chicago or his mail course.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

HEALERS; GET TOGETHER.

Everywhere, in the drugless ranks, chaos prevails. There is no unification, no standardization, no co-operation. There is no loyalty, even. An osteopath will knife a chiropractor, metaphorically speaking. We have taken the knives of surgery from our treatment-rooms but we have yet to take the knives of jealousy and scorn from our hearts and minds. A dietist will call a mental scientist a fool and a mental scientist will call a dietist a fleshly materialist. A Kneippist will tell you that fasting is dangerous, and a fast-curist will tell you that Kneipp is out of date. A physical culture professor goes on the theory that muscles create health, and a psychic affirms that emotions make the man. Among this choice array of partial lunatics, no two agree. Yet they all ask to be legalized on a basis of practice that was never defined, and they expect the general public to embrace the drugless code when they themselves do not know the code!

There is more stupidity among drugless healers than there is superstition among doctors. This, beloved brethren, is a strong statement—coming from one who knows doctors. I hope you will challenge it—hate it—refute it if you can.

Let me make another. Not the lethargy of the people, not the criminality of the laws, not the persecution of the Medical Trust, holds us back in our healing work; but the dissension, friction, scatterization among ourselves. It is a great mistake, in my opinion, ever to think of the doctor as your enemy;—but if you deem this a necessary evil, then why do you not present a united front to the foe?

If you were on a martial firing-line, you would close ranks or expect to have them broken and destroyed. You are on a mental, social, legal and moral firing-line. And your ranks, brave soldiers of Truth, are as full of gaps as a row of stalwart Swiss cheeses is full of holes. You must get together—or get smashed!

The American Medical Association is one of the most powerful corporations in the world. Only the man who has watched its inner workings has any conception of how far its influence reaches. It has not only organized,

equipped and trained for battle the allopaths, homeopaths, eclectics, druggists and chemists, and other professional hangers-on; it has lined up as supporters, abettors and allies the press, the school, the home, the church, and the legislature. You can't get a therapeutic foothold anywhere unless the doctors let you in—or you throw them out. The only solution of the situation is for you to become strong enough to dictate terms of peace to the captains of the medical hosts. Organize, organize, ORGANIZE!

I said the doctors had impressed as their co-adjutors, the newspaper, the school, the home, the church, and the statehouse. A little reflection will signify the truth of the observation.

When a medical society meets, advance notices are mailed to the reporters, editors, and syndicate managers; excerpts of the leading addresses are enclosed; and complimentary inferences scattered broadcast. The publishers print the free advertising notices—they don't dare offend the social, financial and psychological status of the Medical Trust. Now suppose you mail an advance notice of a Naturopathic Association meeting to your city editor of the daily press; he wouldn't print it if you promised him the announcement of a cure for death itself! There are a dozen leading daily newspapers in New York; out of that number only two, to my knowledge, have the courage even to print a signed letter from a subscriber, advocating drugless methods and criticizing medical monopoly.

In our schools, physiology is taught as the doctors wish it taught. If children really learned how to eat and drink and bathe and sleep and work and think properly, the doctor-business would go bankrupt. In general, school boards are hot-beds of superstition. You can't force a new idea into them with a crowbar. Nothing but a change in public opinion, which must be organized and re-organized, can get our children a chance to know the truth about themselves. We must, by the force and dignity of unity, acquire the prodigious influence of mental whiskers and a moral high-silk-hat.

Suppose your neighbor's child falls ill, with typhoid or diphtheria or scarlet fever. Offer your services to the mother, try to reason with her, and advise her on the natural cure. She won't let you touch her child, she won't even listen to you—she must "ask the doctor" first. He may have buried other children for her—no matter, he is still the doctor. Women worship titles.

And until the law lets you write "Doctor" before your name, your name is nil to the average lady patient.

Even the church connives with the Medical Trust. Every honest-to-goodness church has an undertaker close by. His sign is mostly on the church wall, just as you enter. He is the trade-mark of the Medical Trust. Seven out of eight deaths are unnatural, therefore immoral. If the church were entirely a moral institution, the undertaker's sign would be banished, and the undertaker's calling be cast in disrepute.

But the legislature is the crowning tribute to the organizing skill of the doctors. Do you know that there is a regular price for the vote of legislators on therapeutic measures; and that when a bill comes before the house jeopardizing the medical monopoly the price is paid, the vote delivered, and the bill quashed? Do you know that professional lobbyists hang around the legislative chambers while the members are in session, and for a large fat fee of dishonor choke every possible endeavor to write medical freedom on the statute books? Do you know that governors of states have actually vetoed anti-monopoly bills when a satchelfull of currency was miraculously, anonymously, handed to them? Because naturopaths are financially and morally unable to pay the usual bribe, in short to outbribe the doctors, their bills have mostly been defeated. How long are we going to stand for this?

Do you know what I should do, if I were a drugless healer? I should pick out a nice, fat, prosperous doctor and go to school to him. I should learn from him the rudiments of human wisdom, as I had learned from Nature the rudiments of human health. Above all, I should emulate the fine sense of professional honor that impels him to stand by his fellow-practitioners in the public view, and to utter no word of disparagement on a rival doctor. I never heard an allopath in good standing run down the skill or character of a homeopath, no matter what the allopath may have thought about the homeopath in private. Yet I have known scores of naturopaths to be guilty of such a breach of courtesy, wisdom and honor. A family, a school, an army, a profession, a religion, each and all demand the continual, uplifting and animating presence of an esprit de corps. We Naturists are a family, a school, an army, a profession, a religion. But we have yet to cultivate an esprit de corps.—Edward Earle Purinton, in "The Naturopath."

STATE MEDICAL LEGISLATION.

The Medical Trust succeeded in having its way at Sacramento, so the drugless healers got nothing. Not yet.

The State Board of Medical Examiners had an attorney at Sacramento for eight weeks, drawing \$200 a day for "expenses." He worked in harmony with one of the leading labor union leaders of California, from San Francisco. Dr. Schultz was only able to spend a few days at the State capital. That, you see, makes quite a difference. While he was there an amendment was introduced in two medical bills, making the reasonable provision that every school of healing recognized by the State should have representation on the State Board of Medical Examiners. When the "regulars" found this out, they dropped those bills and took up the Benson bill, which passed, and now awaits the governor's signature. There are a few good features in this bill. For instance, it provides branch offices of the State Board in San Francisco and Los Angeles, where examinations may be had. Two members of the Board may be delegated to examine applicants. The Board still retains its power to say what schools it may choose to recognize.

The osteopaths got little, although they had four men at Sacramento during the session. The Benson bill extends reciprocity with other states to osteopaths. That is about all.

A bill by Senator Brown was passed, providing that schools recognized in California shall be represented on the State Board of Health. This opens the door on that board for the naturopaths, provided the governor signs it.

An anti-vaccination bill, to repeal the present law, passed the Assembly by a vote of 43 to 31, but was later defeated. Therefore, the present law still stands, providing that school children shall be vaccinated only when there is an epidemic, the translation of the word "epidemic" being left to the medicos. However, they don't usually care to come out and declare that there is an epidemic of smallpox in any community, such "epidemic" sometimes consisting of one case of chickenpox.

A bill providing that humane officers shall be permitted access to vivisection rooms was passed almost unanimously in both houses. It is now up to the governor. I hope he will sign it.

The fight is by no means over. It has scarcely begun. A question is never settled until it is settled right. The drugless healers must stop squabbling among themselves, and combine,

and the people must continue to be aroused on their right to choose their physicians, as they choose their priests. This fight for medical freedom concerns the public much more than it does the natural healers, as the people are the chief sufferers from the medical malpractice of the drugging, serum-injecting and carving school of medicine.

MEDIEVAL MEDICINE.

The Southern California Practitioner reproduces a medieval recipe for the cure of "convulsion fits," one of the ingredients being cat's blood.

This is, of course, foolish, but it is no more foolish, and much less dangerous, than many of the prevailing medical superstitions. As, for instance, the injection of animal filth into the human blood, from diseased cows, rattlesnakes, horses, and other animals, the quarantining against so-called infectious diseases while doctors go in and out; the feeding and doping of fever patients, when there are no digestive juices present; the suppression of symptoms instead of aiding nature to remove the cause, and many other foolish methods that might be cited.

I would rather swallow blood of a healthy cat than have filth from a sick calf injected into me.

AN ECLECTIC SCHOOL.

I have received a catalogue of the new Eclectic School of Drugless Healing, incorporated, at 1553 Madison Street, Chicago. It is described as a "university of physiological therapeutics." The dean is Dr. William F. Havard. I notice that among the subjects taught is the important one of dietetics.

NATUROPATHIC MEETING.

The regular monthly meeting of the Naturopathic Physicians of California was held, on Tuesday evening, May 11, in the office of BRAIN AND BRAWN.

Dr. Schultz gave an interesting account of his experiences at Sacramento, in trying to secure favorable legislation. He was awarded a vote of thanks for his work.

WHERE THEY BELONG.

Following is a press dispatch from San Francisco, dated May 15:

"Two more doctors arrested by the Federal authorities in the recent widespread campaign against 'mail order' medical firms—Dr. Gideon M. Freeman and Dr. H. C. Edwards—were sentenced today to a year's imprisonment in the

Alameda County Jail by United States District Judge Maurice T. Dooling.

"Dr. Freeman also was fined \$1000.

"The charge was fraudulent use of the mails.

"Commenting on 'Jordan's Museum of Anatomy,' with which Freeman was connected, Judge Dooling said it 'had done untold harm here and throughout the State.' "

In the first number of BRAIN AND BRAWN I described the methods of fellows who run "anatomical museums." They are among the most degraded creatures that masquerade as men. Note this, however: They could not do business for a month, unless they had access to the advertising columns of the newspapers. Reputable papers no longer publish their notices. If disreputable papers were compelled to cease from doing so, their business would stop. Therefore, it is the disreputable newspapers who are responsible for the harm done by these vampires.

EXPERIMENTING ON HUMAN BEINGS.

Drs. Frederick Proescher and Harvey Seil of the Radium Research Laboratory at Pittsburg have started for the European battlefields to apply to war victims new treatments worked out in years of arduous labor and study in their chemical and biological laboratories.

Having discovered new chemicals that have been absolutely successful in test tube experiments and in experiments on animals for the treatment of protozoic diseases, dysentery, cholera and smallpox, which are the most terrible of the afflictions that have befallen the occupants of European war camps and prisons, Drs. Proescher and Seil will try the new chemicals upon the victims of those diseases.

"All we can say is that we hope our experiments on human beings will be

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DR. H. LUNTZ

253 South 13th Street, Philadelphia, Pa.

as successful as they have been in the test tube and on animals," said Dr. Proescher recently.

If we can hit upon the remedy, our discovery not only will be of immediate great value, but will be of everlasting value to mankind. There is no use detailing the new treatment, because it may prove a sad disappointment.—Pittsburg Dispatch.

GOOD SUGGESTIONS.

Hester L. Abbott, D.O., has published a neatly printed booklet of 48 pages, entitled "Suggestions; which, if followed, will aid in recovering and maintaining health." Among other things, the author discusses diet, care of the feet, elimination, exercise, and the hair. Under the head of diet she emphasizes the importance of eating few foods at a meal, or, still better, eating only one thing at a time. The price of the booklet is 75c. Address Dr. Hester L. Abbott, 712 Union Oil Bldg., Los Angeles.

VACCINATING WITH EGGS.

Following is a Boston dispatch:

"Vaccinating a child with whites of eggs to cure it of asthma is the curious advance in medical knowledge worked out by Dr. Fritz B. Talbot of Boston, and announced by him today.

"He has proved that asthma in some children is a form of the body reaction, called by the doctors 'anaphylaxis,' that it occurs in the children as the result of susceptibility to proteid substances in eggs, or, as mothers would say, is a manifestation of 'egg poisoning,' and these children can be immunized against egg poisoning and freed of their asthmatic attacks by repeated doses of egg white. After the skin has been cleansed with soap and alcohol, the egg white is rubbed into a slight scratch."

It seems that the members of the medical fraternity sit up nights, trying to find what unnatural and dangerous methods of treating disease they can invent. Is it any wonder that so many people become sick, and that so many sick people fail to recover, under such treatment?

HE GOT EVEN.

"The doctor made me show him my tongue and it cost me \$2; but I got even."

"How?"

"In a poker game last night I made him show me his hand, and it cost him \$5."—Boston Herald.

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The Business Office

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If you find any difficulty in getting **BRAIN AND BRAWN** at your news-dealer's, why don't you subscribe? You will save money by it.

"BUGHOUSE."

Following is a sample of "futurist" literary composition, from a New York magazine called "Rogue." It is from an article by Gertrude Stein, of Paris, entitled "Aux Galeries Lafayette," the name of a famous Paris department store. I found it reproduced in the Literary Digest. After all it is not worse than much of the metaphysical mush published nowadays. People who read this kind of stuff, and pretend they like it, and understand it, are feeble minded, and should be looked after:

"One, one, one, one, there are many of them. There are very many of them. There are many of them. Each one of them is one. Each one is one, there are many of them. Each one is one, there are many of them, there are very many of them. Each one is one, there are many of them.

"Each one is one. Each one is one, there are many of them. Each one is one. Each one has come to be accustomed to that thing. Each one is one. There are many of them.

"Each one is one, each one is accustomed to it then. Each one is one. Each one is one, there are many of them. Each one is accustomed to it. Each one is one. There are many of them. Each one is one, each one is used to being that one. Each one is one. There are many of them. Each one is one, each one is quite used to being that one. Each one is one. There are many of them. Each one is one, each one is quite used to being one. Each one is quite used to being that one. Each one is one. Each one is quite used to being that one. Each one is one. There are many of them.

"Each one is one. Each one is that one. There are many."

PROOF OF CONVERSION.

Charles Spurgeon, the Baptist preacher, once asked a servant girl, who "professed religion," how she knew that she was really converted, to which she replied: "Well, sir, you see, now I sweeps under the beds."

PROSPECTIVE STUDENTS: We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Meehano Tarapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

FOOD COMBINATIONS.

Dr. Allen, of Eureka Springs, Ark., is an enthusiast on the subject of monodiet, or the eating of only one food at a time. For those who are not willing to go so far as this, he urges the eating of few foods at a time. I regard this as one of the most important of diet.

A SONOMA SANATORIUM.

The Burke Sanatorium is located about 50 miles from San Francisco, in Sonoma County, one of the most beautiful regions of California, where wood and water and deciduous fruits are abundant. Various natural methods of healing are utilized at this sanatorium, special attention being given to diet.

A VEGETARIAN RESTAURANT.

Many of the readers of **BRAIN AND BRAWN** are vegetarians. Some of these are strangers in Los Angeles. For their benefit I may mention that the best vegetarian restaurant in this city is Neily's, on Sixth Street. Neily's was one of the first advertisers in **BRAIN AND BRAWN**.

LUXURIOUS TRAVELING.

Quite a number of the subscribers of **BRAIN AND BRAWN**, in 39 states, are thinking of coming to California this summer. They will not make a mistake in selecting the Santa Fe Route. Everything is done on this line to make the passenger comfortable. I say this after thirty years' experience.

EFFICIENCY.

Formerly the goal held up to young men was Success. Nowadays it is Efficiency, which is the road to success. The Mead Efficiency Bureau, of St. Paul, offers a course in personal efficiency. Write to them for particulars.

ADJUSTING THE CELLS

THE purpose of red ripe honey is to produce liquid oxygen. Liquid oxygen stays liquid. As liquid oxygen passes through the body it takes up refuse and gas and produces more liquid. Liquid is nature's laxative. Liquid oxygen increases by-work but gaseous oxygen decreases it. The absence of liquid causes the tissues of the various organs of the body to become too dry to work without working out of adjustment.

Unless there is the red color the liquids of our food change into gas and gaseous oxygen evaporates. Gas produces dryness and dryness produces spores and seeds in place of cells. Spores and seeds conduct atmospheric fungi inward through the skin and clog the capillaries and blood with poisons.

Liquid oxygen is stored in cells by focusing the sun's heat rays. By adding water to red ripe honey the heat is released and reproduced into oxygen and the oxygen causes a flow of magnetic moisture outward through the pores of the skin. Without this overflow of oxygen from the inside of the body the skin is attacked by atmospheric oxygen and its moisture evaporated and the skin becomes coated with scales as the bark of a tree.

Inactivity of the skin attracts flies, fleas, ticks, lice, vermin and microbes that the eyes cannot see. Irritation of the nerves produces a state of constant fear and excitability. The remedy is the admission of sun power into the blood stream that is strong enough in magnetics to turn parasites and microbes away from the body.

The blood of microbes and vermin is white or colorless. If they consume oxygen substances their blood changes to red. Oxygen causes their extermination. Honey is made from nectar. Nectar is white. Bees have no means of transforming nectar into red honey.

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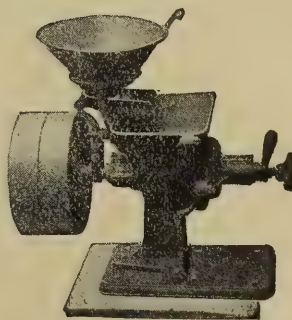
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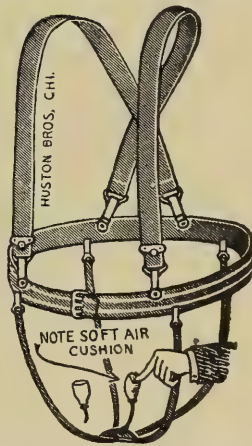
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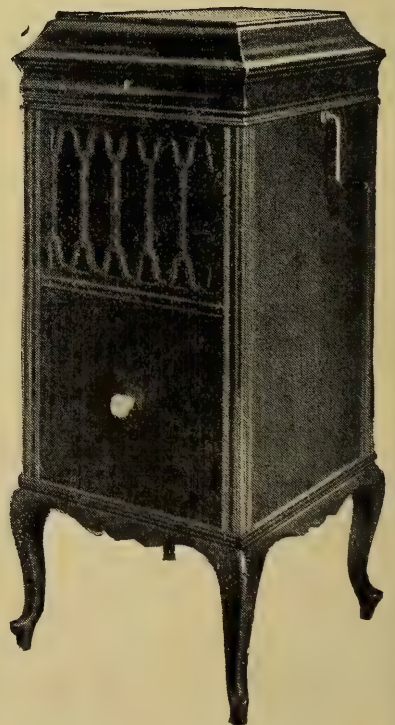
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JULY, 1915

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Vol. IV

LOS ANGELES, JULY, 1915

No. 2

Exercise

NO amount of care in regard to the building of the body by food will supplant daily exercise, in maintaining health and efficiency. There must be elimination as well as alimentation—outgo as well as intake. Waste must be burned up, or cinders will accumulate and clog the blood. The more you consume the more you must expend. To work off surplus food the Romans adjourned to the “vomitorium.” The Englishman takes a “constitutional.” The American swallows a “digestive tablet.” Foolish waste of vitality, time and money. Eating two or three times too much and then trying to work it off. Increase your health and efficiency (and save money) by eating only enough to maintain heat and energy, and repair waste. Then you need little exercise to maintain your physical and mental equilibrium. This is the secret of health—to preserve the balance between alimentation and elimination. The more you eat, the more time you must devote to exercise and sleep.

In olden times men had to hunt for their food, as some of them do today. Then no physical culture exercises, or digestive tablets were called for. It was a case of “root, hog or die.” Nowadays a man goes into a restaurant, and orders brought to him food that he has not earned by the sweat of his brow. Consequently, it does not digest, and he lays the foundation of a whole train of physical ills. Every poultry raiser knows that chickens must scratch for their food, in order to be healthy. Mankind is now divided into two classes; one composed of those who over-work their brains, others who work their muscles like animals, and their brains not at all. Hence, disease of body and dullness of mind.

The most natural form of exercise is outdoor work, or play. This is enough for those whose muscular systems have been developed in youth, but not for others. It is too one-sided. The right hand and the right side are usually developed at the expense of the other. Such people need, daily, a few “setting up exercises.” These must be short and simple. How many people keep up, for more than a few weeks, those long, complicated, and tiresome physical culture exercises that one sees constantly in magazines and newspapers—“Fig. 1,” “Fig. 2,” “Fig. 3,” “Fig. 57,” and so forth? Not one in a score. Five minutes every morning, devoted to thorough, energetic twisting and bending, and done regularly, with mental concentration, is much better than five hours a week of sloppy and irregular work.

Even the “Exercises in Bed,” of my friend Sanford Bennett, the lazy man’s system, requires three-quarters of an hour, if you go all through them. When Bennett was in Los Angeles, a couple of years ago, he told me he did it all himself, every day, but “I hae ma doots.” It is well to stretch, twist and yawn before rising.

The best time for exercise is in the morning. At night a man is usually tired, and exercise at that time will often prevent sleep. Also, everybody can occasionally find opportunity for a few minutes exercise during the day. The main thing is to keep the spine in a correct position during the day—to keep the back of the neck against the collar. This will be hard at first, but it will gradually become a habit. Practice doing your daily tasks in correct positions. Develop a backbone.

There are simple “exercisers” that you may affix to a wall, and if you have a garden, you may fix a parallel bar between two trees, or you may place it over a door and pull yourself up occasionally. This all helps to keep the spine limber, which is the main thing in exercise.

Put your soul into your exercise, or it will not do you much good. Mrs. Eddy declares that exercise does not increase the size of the blacksmith’s arm, because if it did, it would increase the size of the hammer he wields. That is going to an absurd extreme, but there is some basis of truth in the argument.

Aim at health rather than great strength. Those big bunches of muscles you see in physical culture publications are neither handsome nor wholesome. Compare these monstrosities with the graceful Greek athletes, their satin skin not showing a trace of the muscles that lurk beneath. It is notorious that over-muscled men are short lived. After once accumulating these big bunches of muscles they cannot be thrown off. A man has to keep up exercise, or suffer from heart disease. A recent examination of boys in training, in an Eastern academy, showed that sixty per cent. of them had heart murmurs.

There are two ages when it is most important to exercise—in youth, when the muscular system is being formed, and after middle age, when many are inclined to become lazy, and to put on excessive weight. It is a crime against youth that physical training should be so much neglected in our schools, where so many unnecessary branches of mental learning are taught. The thorough training of the body should be one of the most important features of the school course, so that children may acquire a sound body in which to harbor a sound mind. The physical training of youths in Northern Europe is chiefly responsible for the sturdy men those countries turn out. In Sweden, so thorough is the system of physical training, that even the condemned prisoner in his cell has to do his “stunts” up to the day of his execution. Our boards of education should see to it that a thorough system of physical training is introduced into the schools, before more money is expended on less necessary things.

Then there are the elderly. Zach Shed, veteran hygienist, of Denver, had the misfortune, like myself, to break a bone. In his case it was a rib. In a letter to me he says:

“I hope to be around in pretty good shape within a few months now, though I notice that our recuperative powers are not as they were in days of old. I think that much of this comes from our not taking enough exercise. I force myself a little each day, even while sitting, or lying down. A skeletal frame without muscles is a failure.”

Mr. Shed is quite right. Old people are inclined to become lazy and logy. They must force themselves to take a certain moderate amount of exercise every day. This exercise should be devoted mainly

to keeping the spine limber—twisting and bending. Orison Swett Marden writes as follows on this subject, in the *Nautilus*:

“Nothing more effective for the average man and woman in warding off this senile decline, and in keeping the mental faculties alert, than exercise out of doors. In advancing years the tissue cells are not so energetic; they have less resisting power, and in order to keep them, and the blood and other secretions clear of poisonous products, caused by bodily combustion, a great deal of active exercise is required. The muscular system demands activity. If the demand is not supplied the circulation grows stagnant, the cells become overloaded with nutrition which they cannot get rid of, the blood heavy, the brain muddy and muddled; all of the life processes deteriorate. The lack of exercise materially lessens the oxygenation of the tissues. This in turn, very seriously retards the circulation and the whole life processes slow down until the individual becomes the victim of senile inertia, senile laziness and merely exists. He does not really live, except in a constantly lessening number of cells which are kept active. There are multitudes of people, more especially men, who have become such slaves of senile laziness that they can scarcely move about.”

Walking is an excellent form of exercise. To the long walks I made as a youth—my record was sixty miles in eighteen hours, on a country road—I attribute much of my recovery from early invalidism. It is a good plan to walk to the office, or home, or at least part of the way, choosing a different route from time to time, so as to vary the monotony. By carrying a pedometer, you will increase the interest in the walk.

Gardening work is excellent, but if you take no other form of exercise you will become round shouldered.

Exercise, with rational diet, will cure every disease that is curable. Neither exercise nor diet will do it alone. Brain-workers should use their hands in light exercise, for the good of their bodies and their minds. When you are mentally tired, do not go to wood chopping. What you need then, is rest for mind and body, for when the body is tired the mind is tired also, and vice versa. Rest and sleep are quite as important as exercise. On that subject I shall write in a future number.

Farming means skilled labor. It is a calling that requires either natural adaptability or special training if it is to be pursued successfully. “Everybody” cannot farm. It is not a vocation particularly designed for those that seem capable of earning a living in no other way. Farming is a business, not a makeshift. When carried on ignorantly and loosely it fails; when carried on intelligently it succeeds, like other legitimate business.—*Christian Science Monitor*.

I observe that old men seldom have any advantage of new discoveries, because they are beside the way of thinking to which they have been so long used: Resolved, If ever I live to years, that I will be impartial to hear the reasons of all pretended discoveries, and receive them if rational, how long soever I have been used to another way of thinking.—Jonathan Edwards.

Mental Contagion

AS my readers know, I do not attach any importance to the exaggerated theories of physical contagion or infection. On the other hand, mental contagion is a fact. H. Addington Bruce writes: Psychic contagion was responsible for the disgrace of the Salem witchcraft persecutions in the days of the forefathers. It is responsible for the panics, the massacres that so often disgrace civilization today.

Let an alarm of fire be given, and let one foolish man or woman start on a run for the door. Instantly, unless some strong counter-suggestion is given by somebody who has kept his head, the suggestion of fear conveyed by the sight of the fleeing form will, through psychic contagion, seize nearly everybody present.

A mad rush for safety will follow—a rush too often causing a disaster that would otherwise have been averted.

Psychic contagion is likewise to blame for the often observed fact that if a murder be committed in some unusual way other murders similarly committed are likely to be recorded within the next few days.

So, too, suicides not infrequently occur as a result of psychic contagion; and to it must be credited the "waves of crime," particularly of burglary and highway robbery, occurring from time to time in all large cities.

A story writer says of one of his heroes: "He had acquired the American habit of reading the newspapers instead of thinking, and so his mind always worked in headlines."

If you are afflicted in this way—if you find yourself unduly suggestible—learn to think for yourself. To teach and encourage you to do so is the main object of this magazine.

Length of Life Decreasing

FOLLOWING is a newspaper item:

"Four hundred years ago the average length of human life was between eighteen and twenty years. One hundred years ago the average human life was less than thirty. The average human life today reaches nearly forty years."

This is misleading. We preserve weakly babies, many of whom would better be dead. That raises the average figures in the mortuary tables. Life has shortened during the past generation. What are known as "diseases of middle life"—as unnecessary as "diseases of childhood"—have greatly increased, notably Bright's disease, diabetes and cancer. Following is from a recent U. S. Public Health Service bulletin: "The death rate after the age of forty is increasing despite more sanitary modes of living. The expectation of life after forty is less than it was thirty years ago. This is due largely to increased prevalence of the diseases of degeneration."

Kidney diseases are due to dietetic sins, while cancer is largely due to the poisoning of the blood of the people with animal filth, in the shape of vaccines and serums, a process that has been going on for half a century. As they are now doing this for other diseases, we may expect a still further increase in the prevalence of cancer, a disease that was scarcely known before vaccination was introduced.

Tips

AN anti-tipping bill was vetoed by the Governor of Wisconsin, who said the bill would interfere with personal liberty, and was therefore unconstitutional. He further declared that such a law would not be enforced, and that non-enforcement of laws breeds disregard of law.

Gov. Philipp is quite right. The cure of such practices as tipping and treating must come by making them "bad form," therefore unpopular, not by legislation. We have already too many laws interfering with personal liberty.

Yet, tipping is a most obnoxious practice. To paraphrase Shakespeare: "It curses him that gives and him that takes." It is degrading and un-American. When I first came to the United States, over forty years ago, you might tip a colored waiter, but a white man would resent it. Now they take a tip as a matter of course, and if it is not forthcoming they are apt to let you feel their resentment.

It is not so much the amount of money involved in tipping that is annoying, as the uncertainty in regard to what is considered proper, or is expected. Weak-minded men often give more than they think right, or can afford. False shame makes them afraid to be considered stingy.

The tip has become commercialized. In paying tips to restaurant waiters, check boys and Pullman porters, the public is really paying wages, in addition to the cost of the service. The Illinois Legislature recently passed a bill dealing with this phase of the question.

We have not yet got quite so far as Europe, where, on the continent, I have sometimes disbursed in tips to hotel employees more than the amount of my bill for dinner, bed and breakfast, but we are rapidly moving in that direction.

A few tipless hotels have recently been started, and they are popular. The vogue of the cafeteria is partly due to the absence of tips.

"Smoothies"

GLEAN shaving of the face is a fad that has cropped out several times since history began. It has had its day before, and will run its course again. It is a senseless practice. It destroys individuality, tending to make all men look more or less alike, as do Chinamen to Occidentals. It makes some old men look haggard. It wastes much time and some money. It encourages the development of throat complaints. The beard was intended as a protection for the throat of the man who goes out in all weathers. Dr. Paul Kruger, a well known physician of Vienna, affirms that the mustache has a distinct value for the health. He believes that its utility lies in protecting the nose against the invasion of dust and bacteria. In his private practice he has made observations on more than 500 cases of serious headaches and diseases of the nose and throat, and out of the cases observed he has found 420 patients who had their mustaches shaved off.

Microbes in the beard? Oh, yes. But if you fear them, you should shave your head also.

The Doctrine of Physical Depravity

WHEN pagan Rome was in its glory, grand, artistic bathing establishments were erected, of which the world has not yet since seen the like. You may find their ruins scattered all over the world—in Italy, in Germany, in France, in England, in Africa. Wherever the Roman legions went, they erected baths. One of these baths, built by the Emperor Diocletian, was capable of accommodating 18,000 bathers at one time. It occupied an area of about 25 city blocks, or one mile in circumference. In the reign of Emperor Tiberius, from 14 to 37 B.C., there were nearly 900 bath houses in Rome alone.

Gradually, as Christianity was established at Rome, bath houses were looked upon as heathen temples, having been dedicated to heathen gods. As a result, the use of the baths was held to be sinful, and the baths were ordered abandoned. It came about that in the early age of the Christian Church, the holiness of a man was often measured by his dirtiness. It was a natural reaction from the incredible debaucheries of Rome, in its decline, to the absurd and often filthy asceticism of the early monks. How exceedingly absurd and filthy these practices were, carried on in the name of religion, by men now canonized and worshiped as saints, can only be conceived by those who have dug into the history of those dark days. Physical wholesomeness was looked upon as soul pollution, and the saints who were most admired were those who had become one hideous mass of clotted filth. The diseased in body were sainted, and the hallucinations that were brought about as a result of such diseased conditions, were looked upon as holy inspirations sent from above.

St. Jerome tells of one glorified monk whom he had seen, who allowed his hair to be cut only once a year, on Easter Sunday; who never washed his clothes and never changed his tunic till it fell to pieces, and who had starved himself till his sight grew dim, and his skin became like a pumice stone.

It is written of St. Macarius of Alexandria that he slept in a marsh; that he exposed his body naked to the stings of venomous flies, and that he was accustomed to carry about with him a weight of eighty pounds of iron as a means of bodily trial.

St. Sabinus would only eat corn that had become rotten by remaining for a month in water.

St. Athanasius—for whom Episcopal churches are often named—in his life of St. Anthony, relates with characteristic gravity how the latter, even unto extreme old age, was never guilty of washing his feet. St. Poemen was not so steadfast, falling into sin and reproach in later years for this act, although he defended himself by the sage remark that he had learned “not to kill his body, but his passions.”

St. Ammon proudly informs us of the disgracefully interesting fact that he had never seen his unclothed body; a singular mark of virtue that has only been surpassed in our own day by the girl who had a curtain placed in front of her mirror when she dressed.

What is probably the most loathsome and degrading account of these unnatural religious outrages on the body is the story of St. Simeon Stylites. He bound a rope around his body so that it became embedded in his flesh, putrefaction setting around it. St. Anthony,

his disciple, writing in all due reverence in regard to this act, says: "A horrible stench, intolerable to the bystanders, exhaled from his body, and worms dropped from him whenever he moved." The account continues with a revolting description detailing this extreme form of physical maceration, and concludes: "The general voice of mankind pronounced him to be a model saint. From all quarters pilgrims of every degree thronged to look upon him and do him homage, and a throng of prelates followed him to the grave."

These early monks were also taught by the church that it was pleasing to God for them to abandon their wives and children, even when they were entirely dependent upon them.

The Puritanism of later days, which teaches that the human body is a disgraceful thing, and that everything giving pleasure is wrong, is a modified revival of this spirit. As Macaulay said, the Puritans objected to bear baiting, not because it hurt the bear, but because it gave pleasure to the spectators. There are many such among us today—men who would forbid all innocent pleasures, and force everybody to move in their narrow, gloomy groove. It is the same offensive Puritanical prudery, only found in a mind either warped or filthy, that objects to a beautiful unclothed form, picture or statue, however modestly displayed. These people see everything dirt-colored, through the dirty spectacles of their souls. "To the Puritans all things are impure."

In the United States there has during the past few years developed a reaction against this pernicious Puritan prudery, a sentiment when finally analyzed, found to be the outgrowth of morbid or unclean minds. Undoubtedly this change is largely due to the dilution of the American race with immigrants from countries where they believe in enjoying life while they live.

Gloom is not a virtue, any more than filth. The "odor of sanctity" does not necessarily involve a long face and a long black frock coat and infrequent baths. Laughter is good medicine, both for the body and the mind. The man who laughs is likely to be a healthy man, and a happy man, and he is rarely a villain.

The Real Quacks

MEMBERS of the drugging, carving and serum-injecting school of medicine are fond of referring to natural healers as quacks. A quack is defined in the dictionary as "one who makes vain and loud pretensions of medical ability; a boastful pretender of medical skill."

The real quacks are those who suppress symptoms, instead of endeavoring to remove the cause; who endeavor to remove one poison from the blood by placing another there. Natural healers aid Nature to eliminate morbid matter from the blood. They follow the teaching of Hippocrates, the Father of Medicine, who said: "Nature; not the physician, cures." "Regulars" who experiment with a constant succession of new and wonderful coal tar derivatives and animal serums, "made in Germany," and elsewhere, are the real quacks.

Apparitions

ALMOST all so-called manifestations of "psychic phenomena" are miserable commercial tricks, unworthy of a vaudeville conjurer. Of all forms of meanness, that of duping, for dirty dollars, a loving mother, in order to make her believe that she is communicating with the spirit of a dear one gone beyond, is, I think, about the lowest to which a man or woman can stoop.

Investigations by the Society for Psychic Research, of London, seem to indicate the probability that, under certain conditions, forms of the dying may appear at the moment of dissolution, to friends at a distance. The Society conducted an extensive inquiry some years ago, obtaining answers from thirty thousand persons in various countries. On being put to mathematical test, it was found that the coincidence with death was hundreds of times more frequent than chance could account for. A committee, after years of patient research, reported as follows:

"Between deaths and apparitions of the dying persons a connection exists which is not due to chance alone. This we hold as a proved fact. The discussion of its consequences may not perhaps be attempted in our generation, nor exhausted in our age."

This, of course, is no proof of a life beyond the grave. It is little more marvelous than wireless telegraphy, or than the new invention that enables one to see by wire a person hundreds of miles away. Possibly, at the moment of death, the mind, or soul, or spirit, or whatever you choose to call that which is not flesh, is endowed with abnormal powers, just as after a protracted fast the senses become wonderfully acute.

There are many things that science does not understand, nor ever will understand. It requires the spirit of a great mortal to be able to confess: "I do not know."

The United States of Europe

THE anniversary of our natal day will turn the thought of many to the possibilities of establishing a United States of Europe. Dr. Nicholas Murray Butler, president of Columbia University, firmly believes in such an organization as the outcome, sooner or later, of a situation built up through years of European failure to adjust government to the growth of civilization. He thinks the ending of the present war may see the rising of the new sun of Democracy.

Dr. Butler shows that we have already made some steps in this direction. The postal service of the world has been internationalized in its control for years. In the admiralty law we have a striking example of uniformity of practice in all parts of the world. We are gradually developing a code for international legal procedure. It will be through gradual processes such as these that the great end will be accomplished.

I would suggest that one great obstacle in forming a United States of Europe is the barrier of language, the confusion of tongues that dispersed the builders of Bab-el. In the melting pot of the United States

we all speak a common language. It is difference of language that tends to keep men apart, and make them ready to fight each other. It is true, that in Austria they speak thirteen languages, but then, Austria is not a very good example of a united country. In Switzerland four languages are spoken, and the people are united and prosperous. So, perhaps, after all, the difficulty of language may in time be overcome.

In any case, autocracies will have to go, because autocracies, with their personal ambitions and jealousies, lead to war.

How Anarchists Are Bred

THE Assistant Labor Commissioner of Missouri, disguised as a "casual laborer" investigated construction camps. In one camp a foreman threatened to beat him because he asked for a cup of coffee before going to work at daybreak, without food. Some of the men pay employment agencies as high as fifty per cent. of their wages, and the agencies are often in league with foremen, who discharge men soon after they are hired. The men are charged twenty-five cents a month for hospital fees, but are discharged if they get sick. The food is unwholesome, the bunk cars filthy, the cooks often diseased. Mr. Barrett, the commissioner, concludes his report as follows:

"If this immense army of these down and outs could get together and stay in one place long enough to become voters they could swing a national election and elect any ticket they put up. There is a deep, terrible undercurrent of rebellion, unrest and revolt among them because of the amazing amount of exploitation and oppression they are subjected to simply because they are tramps."

Yes indeed; this is the way in which anarchists are bred. Those who ignore this social question, or imagine that it can be settled by the "mailed fist," may one day see an awakening that will surprise them, even as the revolution of the despised mob caught the French aristocracy unawares.

A Decline in Dollars

FEWER Americans today are famous for wealth than since the Civil War. Accumulated dollars bring men less in the way of honor than they have brought Americans for fifty years. The rich man who has nothing but wealth to commend him gets less consideration in America in any line of endeavor—politics, religion, business, art, science or education—than he has received in a generation. Men used to bow and scrape to a fool who was rich; today a rich fool is just a fool. Money is depreciating. Brains, ability, heart, conscience—these are appreciating. They will get more of this world's valuable things than in any other time in America for two generations.—William Allen White.

I should never have made my success in life if I had not bestowed upon the least thing I have ever undertaken the same attention and care that I have bestowed upon the greatest.—Charles Dickens.

Fruit

THE deciduous fruit season is now on. Apricots and peaches have taken the place of oranges. Unfortunately, even in this great fruit growing state, where horticulturists often find it difficult to market their product, the public cannot buy fruit at a price that permits them to eat as much as they would like.

Prof. Arnold Ehret, one of the leading European proponents of a rational dietary, who is visiting California, declares that California fruit is more nutritious than any other. If this is so, it is because of the abundance of sunshine, and the virginity of much of the soil. When the mineral elements of the soil are used up by crops and are not restored the nourishing qualities of the fruit decrease. Prof. Ehret says he is going to live for a hundred days on fruit alone. This he can easily do.

Fruit is a most important food, not so much on account of the nourishment it contains, for it is nine-tenths water, but because of its valuable acids and organic salts. It is nature's medicine. That is why some say they "cannot eat fruit." It physics them—cleans house. These people should persevere until they are able to eat fruit. Then they will know that their blood is comparatively pure.

Another reason why fruit disagrees with people, is because they eat it with other foods, especially starches. Fruits should be eaten alone, or at the most, with nuts. Olives and tomatoes are fruit.

Fruit should be ripe, otherwise it is not wholesome. Grain turns from sugar to starch, whereas fruit turns from starch to sugar. Thus, you may eat green corn, but you should not eat green peaches. Most of the fruit in the market is either unripe or over-ripe. If the dealers bought perfectly ripe fruit, they would lose much money, because it would rot on their hands. This is another reason why all those who can do so, should grow some fruit. Fresh fruit is a summer diet, cooling to the blood. In winter substitute dates, figs, raisins and bananas.

There is a great difference between irrigated and non-irrigated fruit. The latter is much superior in quality. A plate of wild strawberries will perfume a room. Unfortunately, Americans choose fruit mainly by size.

Some believe that fruit is the natural food of man. However, this may be, it should form an important part of the dietary. In summer one of the meals should be entirely of fruit. A "fruit fast" occasionally—eating nothing whatever but ripe fruit—is an excellent way to cleanse the blood and rejuvenate the system.

To regenerate society you must raise men's souls, not alter their conventions. From millions of fools you can by no constitutional machinery extract anything but folly.—Carlyle.

Write no more, Antoninus, about what a good man is or what he ought to do. Be a good man.—Marcus Aurelius Antoninus.

Isaiah wrote: "In that day seven women shall take hold of one man." He must have foreseen this war.

War and Diet

THE war is teaching dietetic lessons. German scientists have discovered that the people of that country eat fifty per cent. more protein than is necessary. They are urged to eat less meat. It has been pointed out to them, by a commission, that in the feeding of grain to animals, at least half the original food value of the grain is lost. They were, therefore, advised to kill off at once nine million pigs and a million cattle.

In this country, the Journal of the American Medical Association has recently been calling attention to the fact that a flesh diet lowers vital resistance, and therefore, predisposes to infection. Commenting on these facts, in *Good Health*, Dr. J. H. Kellogg says:

“If the European war teaches Germany and other civilized nations the uselessness and harmfulness of this enormous consumption of flesh, the result may be the saving of ten times as many lives as the war itself destroys, though of course the war was not necessary to bring these facts to light. Physiology and practical experience demonstrated centuries ago that flesh foods are not only unnecessary, but are unnatural, for human beings.”

The Cause of Worry

COMPETENT physicians are said to be agreed that most of the dyspepsia so prevalent today, is due to nothing but worry. As in other cases, “competent physicians” confuse the cause with the effect. Dyspepsia is not due to worry, but worry is due to dyspepsia. All chronic dyspeptics worry, while no person will worry who has a sound digestion and a clean colon. He may be troubled occasionally, but he will not worry. Dr. Dio Lewis has written:

“If a man has consumption he will keep up good courage to the last. The very day he dies he will tell you what he is going to do when he gets well. But dyspepsia takes all the grit out of a man—not only out of his body, but out of his soul. It makes him mean, sneaking, utterly unreliable.”

Dyspepsia not only causes worry, but war and many other evils. The massacre of St. Bartholomew would never have taken place, had not the French king suffered from chronic constipation. Calvin would not have taught the eternal torment of all but a few whom it pleases God to save, nor would he have had Servetus burned at the stake, had he not been a confirmed dyspeptic.

I do not believe that all men are equal, but I do believe that every man has the right to be the equal of any man if he can.—Abraham Lincoln.

There is nothing so well known as that we should not expect something for nothing, but we all do, and call it hope.—Ed Howe.

After-Effects of Surgical Operations

ASI have said heretofore, you should wait a year—or perhaps two—before you judge of the effects of a “successful operation.” The removal of necessary organs of the body is always followed by bad results. These are often mental as well as physical. Among necessary organs are the tonsils and the appendix. Sometimes these evil results do not show for several years. If they all made themselves evident at once, people would not be in such a hurry to go to the operating table.

The present mania for carving the body is a menace to the human race. It should be suppressed by law. In ninety-nine cases out of a hundred, such operations are not only dangerous, but unnecessary. They never cure, because they do not remove the cause of the disease. For instance, a red nose is due to irritation of the lining of the stomach, and that, again, is due to dietetic errors. Can you cure this condition by cutting off the nose?

Scarcely a week passes in which I do not receive a letter from some physical and mental wreck, victim of a “successful” surgical operation. And the cry is always “If I had only known.” It is pitiful.

The Miracle of Dawn

ID you ever think that every morning and every evening—unless the sky is obscured—there is a wonderful moving picture to be seen and enjoyed, absolutely free of cost? A writer in “Everyman” (London) thus beautifully pictures the “miracle of dawn”:

“There is an exact yet evasive moment in the nighttime which dissevers day from day. It occurs long before dawn—before a bird chirps or a leaf stirs. But everyone who has spent a summer night out-of-doors must have felt the critical instant, for the earth itself seems conscious of the change. Somehow a sceptre has changed hands in the darkness, and everything knows, though nothing whispers. A vital tremor runs through the world; yet nothing moves. It is like the sigh of a sleeping babe, which betokens the approaching end of slumber.

“The great moment passes in listening silence. Then things faintly begin to stir. A tree whispers softly to its neighbors to find if they are awake. A solitary blackbird whistles; a distant cockerel crows. The telegraph poles grow a shade blacker, and slowly separate themselves from the darkness. It is like the developing of a negative in the photographer’s dark-room. The sharp, black outlines of a house appear against a brightening background. The sky grows from jet to Indian ink; then to indigo; from indigo to violet; then breaks into mother-of-pearl, and glows into commingling tones of grey. A red line lies on the horizon, as if a furnace door were left ajar. The east is flushed with primrose rays of coming morn, with its hints of immeasurable splendor and unutterable joy. Then, finally, the whole of the wide eastern firmament breaks into wild cascades of white and ravishing light. It is a miracle which is repeated every morning. It is a vision which is more rapturous every day.”

Briefs

A closed season for American wild flowers is proposed. Many of them are going to join the buffalo.

The Bible is still the "best seller." During the past year the American Bible Society sold 6,370,465 copies.

In a French cavalry charge, horses struck and bit each other. Man is rapidly elevating the lower animals to his higher plane.

A news item is headed "Sugar Relieves Fatigue." So does whisky.

A German newspaper sneers at American "shirt-sleeve diplomacy." It is better than secret diplomacy.

In this war the average life of a British officer is 23 days, of an automobile, 30 days, of a cavalry horse, 10 days.

According to the Los Angeles Times, the average net price received by the producer last season, for California navel oranges, was 85c per box, the average cost of production 86c.

As might be expected, women in war hospitals have earned their title of "ministering angels."

An inveterate smoker of Evansville, Ind., had two cigars buried with him. Nothing is said about matches.

In 1846-7 a million persons died of famine in Ireland.

An English officer crawled out of a trench to put a wounded cow out of its misery. On his way back he was killed.

Christianity is losing ground in Japan. It is not surprising.

The Rockefeller Foundation is to establish a chain of hospitals in China. Now the Chinese will begin to lose their "organs."

"Sky pilots" in Europe are converting many to corpses.

A woman lecturer says "the two most pitiful creatures of society today are the hotel child and the cafeteria husband."

Women now vote in Wyoming, Colorado, Utah, Idaho, Washington, California, Kansas, Arizona, Oregon, Nevada, Montana, and virtually in Illinois.

Prof. Albe, of Lahore, India, claims to have invented a "phonoscope" to enable the totally deaf to perceive sounds as speech, and music by means of the eye.

Los Angeles may have a permanent all-the-year-round circus.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Our Bill of Rights

PROFESSOR BEARD, of Columbia University, recently declared that it is immoral to teach in the schools that the Constitution of the United States is too sacred to change. The Constitution is a noble document, but it is not the "last word." It was framed by men who were human, therefore fallible, "even as you and I." They were thoroughly impregnated with a belief in the idea of class and social position. Today they would have been called "ultra conservative." They had the "plain people" little more in mind than had the barons who wrested Magna Charta from King John, at Runnymede. Yet, as I have said, the Constitution is a noble document. It guaranteed to the people free speech, free assemblage, and the right to bear arms, privileges that we are nowadays sometimes in danger of forgetting.

This country has grown considerably since 1776. The Constitution was made for the people, not the people for the Constitution. Yet, any change should be made only with the greatest of care and deliberation. When in doubt we should leave well enough alone. On the other hand, to imagine that our form of government has reached perfection is to admit that we are ready to decay and die, for after a fruit is ripe it rots and falls to the ground.

This is not an ordinary Fourth of July oration, but it is well sometimes to think, as well as to shout.

Priests and Physicians

IN olden days the office of priest and physician was one. Now they are separate. Mankind has largely broken away from the tyranny and superstition of the priesthood, but is slow in casting off medical tyranny and superstition. However, the world do move. Indications are that from now on we shall move more rapidly toward medical freedom. Surely, there can be no disputing the reasonable proposition that every man should be as free to choose his own physician as he is to choose his own priest—or to go without one.

Prof. Thorpe, of the University of Kansas, suggests daily newspapers as texts in high schools. That depends. Some things in daily papers are no more fit to be read to young people than are some things in the Bible.

British Beer

WHEN an African chieftain asked Queen Victoria the "secret of England's greatness" she handed him a Bible. There are a great many Britishers who would have substituted a bottle of Bass—with a slice of roast beef "underdone" on the side.

Recent prohibition suggestions, due to the war, have shown how differently the liquor question is regarded in Great Britain and in the United States. Our typical mean man is one who would rob a widow; over there it is one who, as the song goes, would "rob a poor man of his beer." King George adopted total abstinence from alcohol, for himself and household, during the war, and hundreds of toadies hastened to follow the royal example, even as their fathers copied George's father's colored shirt and white collar. Then the government found itself up against the breweries and distilleries and—strange to say—most of the clergy. The Archbishop of Canterbury declared that alcoholic stimulus was necessary to his bodily health.

So, from prohibition the government came to consider exclusion of spirits, but that wouldn't do. Then was proposed a ban on heavy ale, containing over 7 per cent of alcohol, which is twice the alcoholic content of American lager beer. The Irish brewers objected to this. So the great English war prohibition movement dwindled down to the forbidding of spirits under three years of age, a good move, so far as it goes, and one that might with advantage be adopted in this country, for much of the serious harm done by intoxicants is due to spirits that have not been properly aged.

A Hold-Up Game

THE business or professional man who has an office or store, and therefore cannot escape, is the subject of a multitude of petty persecutions. One of the most annoying of these is the "special edition" of a newspaper or magazine, the paid "write ups" in which are read by few except the subjects of the fulsome eulogies. Sometimes a request for such contributions is accompanied by veiled insinuations that savor of blackmail. Business men are growing quite restive under this infliction.

I do not here refer to special numbers containing carefully compiled information about a locality. They are useful, and serve a purpose. The publications I have in mind are merely excuses for extracting money from men who are too weak, or too easy-going, or too vulnerable to refuse.

Manufacturing enterprises established to produce articles hitherto made in Europe are really "infant industries" and deserving of protection until they can stand on their feet.

The Passing of Comstock

AFTER forty years of service, Anthony Comstock has been relieved of his position as a postoffice inspector. Comstock has done more than any one man to make Europeans believe that we are a nation of prudes. He may have meant well. He did good in making war on obscene literature and pictures, for they are as harmful to the young as cigarettes. Unfortunately, however, like so many—including some high officials of the postoffice department—he was lacking in what phrenologists call the “organ of size.” He could not understand that a fully clothed figure may be indecent and filthy, while a perfectly nude figure may be pure and clean, to all but those of whom it has been said: “To the Puritan all things are impure.” Such persons are rather deserving of pity than of blame. We do not blame a blind man.

In the same class belong postoffice officials, who hold up instructive and helpful sex literature, while passing suggestive stories and plays.

Monthlies and Dailies

A SPEAKER at a local club dinner recently suggested that monthlies are taking the place of dailies as “moulders of public opinion.” To some extent, this is true and “there’s a reason.” The writer on a monthly has plenty of time to consider and construct his articles, whereas the editorial writer on a daily paper usually has to write at high pressure. Then, again, the reader has more time to devote to the monthly than he usually gives to the reading of the daily.

The monthly magazine is coming into its own again.

The Happy Man

WHILOM, ere youth’s conceit had waned, methought
 Answers to all life’s problems I had wrought;
 But now, grown old and wise, too late I see
 My life is spent, and all my lore is naught.

Let him rejoice who has a loaf of bread,
 A little nest wherein to lay his head,
 Is slave to none, and no man slaves for him,
 In truth his lot is wondrous well bestead.

Sooner with half a loaf contented be,
 And water from a broken crock, like me,
 Than lord it over one poor fellow-man,
 Or to another bow the vassal knee.

—Omar Khayyam.

Brooklets

It is pleasant to flirt with a pretty woman, but it is wiser to marry a plain one.

* * *

When you are inclined to complain of your lot, think of the millions who are less fortunate, and be thankful.

* * *

One almost has to be an idiot to be accepted on a jury; but then not many want to be accepted.

* * *

Men often hate those they have injured more than they hate those who have injured them.

* * *

Did you ever think what would happen if you should tell "the truth, the whole truth, and nothing but the truth," even for one day?

* * *

Love your friends and forget your enemies.

* * *

What is the difference between a dinner and a "banquet?"

* * *

A bargain is something you don't need, bought at five per cent below the usual price.

* * *

Beans develop mines in Arizona and ideas in Boston.

* * *

One of the most pitiful spectacles I know is that of an old man who has sacrificed his whole life to the accumulation of money.

* * *

Capital is the Devil of the Communistic religion.

* * *

A "celebrity" may be a statesman, a murderer, or a variety actress.

* * *

To some people charity means a quarter in a missionary box.

* * *

"Cheat" is an absolute word, meaning to be smart, to "get the inside track," to "look out for No. 1."

* * *

A New York parson says charity begins in the cradle, not the kennel. You need not neglect your dog, because you care for your child.

* * *

These air raids on civilians are not only wicked, but foolish. They do not terrify, to any appreciable extent, but they increase hatred and inspire revenge.

The End of an Ascetic

MANY Los Angeles people remember the woman hermit, who six or seven years ago lived in a cabin of poles and brush she had constructed in the foothills of the Sierra Madre, in the Santa Anita Canyon, on the Baldwin ranch, having received from the late E. J. Baldwin permission to live there. Nearby was a clear pool. The cabin was carpeted with pine needles, and contained a piano. The "hermit" dressed in a single robe of sack cloth. She frequently fasted for weeks at a time, in order to mortify the body, entertaining—as have some who possess more learning—the illogical idea that in time she could come to live without food, drawing her nutriment from the atmosphere.

She was a woman of good education and great vitality. Her name was Landry Riedeselle, a French-Canadian. She was once married in New York, but did not live long with her husband.

About six years ago, Otto Carqué and I, with a couple of friends, visited her, by invitation. She prepared a sumptuous vegetarian meal, which was served on the ground, under the trees. She partook of nothing, for she was fasting, and she rallied us on our carnal appetites.

After leaving California, Mrs. Riedeselle went to Alaska, where she had been previously. The next heard of her was that she was begging her way from Calcutta through the "mysterious East." A couple of weeks ago Otto Carqué received a letter from Baba Kali Kamaliwale Atmaprakash, head of a Buddhist community at Rikhikesh (Dehradun), in the foothills of the Himalaya Mountains, in northeastern India. He wrote, in part, as follows, the letter being dated April 26:

"Madam Marie Landry, your friend, breathed her last this morning at about three A.M. In her struggle against cooked food, which she always disliked, she swallowed nothing but water of the holy Ganges for six days before her death, which was caused by dysentery. We, the Spiritual Brotherhood of this ancient community, can testify that in observing the highest austerities, she was the first and last woman of the white race—or rather a man in a female body. She was the greatest devotee of her own doctrines. She had in her service the whole of our Brotherhood of Saints.

"As desired by her, we sorrowfully communicate these sad tidings to you, presuming that you will pass them on to the relatives of the deceased. . . .

"Her sacred body was today plunged into the holy Ganges, which she loved. Two nights before her death she expressed her sincere desire to be taken to the Ganges bound on a log, and committed to the stream, to breathe her last, but was told that this was against the British regulations. Then she concluded to die here, secluded in groves among the mountains.

"The government officer was present at the time of the last ceremony of the dead, and made notes of things she had collected as presents to American friends."

Strange ending of a strange life.

Alexander Bryce, M.D., says that climbing expends twenty times more energy than walking on the level. That is to say, to climb a mile every day is equivalent to walking twenty miles. According to that, I have sometimes, in Switzerland, walked the equivalent of over six hundred miles a day.

It is said that one woman in every twenty, in Chicago, smokes cigarettes.

Brain Workers Should Use Their Hands

FOLLOWING truthful statements are credited in a newspaper article to a London physician:

"Tie knots, sew, do fretwork, learn to make some of your own clothes, prepare and cook all your own food, repair your boots and shoes, dig and plant your garden—in fact, do everything that calls for manual skill if you want to have an active, resourceful and versatile brain.

"The business man whose work depends on a keen, quickly-working brain must use his fingers constantly if he wants to have these assets in full. He must, speaking literally, turn his hand to everything, and be capable of constructing most anything with his fingers.

"The truth of this statement lies in the fact that in every manual act the hand is directed by the brain.

"Again, every act reacts upon the brain, strengthening and stimulating it, which is the only sure method of keeping that organ in keen, efficient working order.

"That our fingers are gradually becoming less skilled is due to the numerous mechanical appliances which now carry out the various processes formerly done by hand.

"This state of affairs, since it stunts the powers of the fingers, also stunts the brain. The worker does his work mechanically, unthinkingly, and gradually his brain grows torpid and impaired."

Training the Spine

THERE is one simple way to discipline a spine that is disposed to shirk its duty; train yourself to feel the back of your collar without lifting your chin. Do it as you read this article, and prove to yourself how well the rest of the body then takes care of itself. An erect carriage is something that anyone who is not deformed can have. It is not a matter of muscular strength. Many persons who have very strong muscles slouch through life like weaklings.

The gain to health that an erect spine causes is enormous. The circulation is equalized, the entire digestive system becomes more active, the head grows clearer, the color improves, and deep breathing becomes natural and easy.—The Healthy Home.

Teaching People to Think

NO publication whose sole aim is to say what its readers expect to have said is of any high use to them. The publication that is of some use is the one that can persuade its readers to think something they did not think before. If it can give them knowledge, it is something, though knowledge abounds, and they can get a great deal from the newspapers, if they are skilled in selecting it. But if it can give them a new attitude of mind, get them to move around and see something from a new standpoint, so that it looks different, that is really an important service.—"Life."

It is difficult nowadays to get milk that has not been pasteurized, or sterilized, or otherwise spoiled. No wonder so many children grow up anemic and non-resistant to disease.

Intemperance in Exercise

“**W**HEN a person has been seized with the desire to do a little work in ‘health-building,’ particularly in the case of those under 30, he, or she,—it seems to make no difference—commences to distort his reflection as it returns to him from the mirror until it takes on some semblance of a Sandow. Big muscles and health seem to be thought by novices in physical well-being to be inseparable; anything that builds muscle will build health. * * *

“Over-development of the muscular system is ‘strain upon the vital organs,’ says William Muldoon. What organs are strained and how does this strain arise and what will be its result?

“The word ‘strain’ to most of us suggests structural weakening. To realize the nature of strain in the maintenance of a massive muscular system we must enlarge our conception so that it will apply to living things. For example, hill-climbing with an automobile causes ‘drain’ upon the gasoline supply, tending to exhaust it. * * *

“At the outset of life there is a predetermined type of physique, and the persistence of the type is remarkable. If one’s bones are lightly formed, his muscular system will tend to be slight; also his digestive system, circulatory system, and respiratory system correspond to one of his size and build.

“One special reason why development of the muscular system may be made to over-balance other systems, is that it is subject to the power of will, whereas the other systems are under conscious control to a less degree. A man can force development of muscles, his other organs may or may not keep pace with this forcing, according to how far it is carried out of proportion to the man’s inherited capacity.

“Forced muscular development increases a demand on the heart for blood to the muscles, resulting in fatigue, even dilatation of the heart, a frequent occurrence among athletic boys.

“If a man has amassed too much muscle, the course to pursue is that of giving each muscle moderate use every day, enough to prevent atrophy. While developing excess of muscle is a call for vigorous work by the heart and lungs; any cessation from regular work diminishes their activity followed by retrograde changes with resultant disturbances in every portion of the body. * * *

“The object of exercise should be the preservation of that degree of development which comes naturally to every individual who uses his powers reasonably. Forms of activity should be sought which insure moderate participation of every muscle of the body with daily regularity; and in addition, occasional recreations, games or, best of all, ‘odd jobs’ that bring into activity co-ordinated muscles and give a man an honest right to a good sweat.”—Dr. Louis G. Chandler in “Health Culture.”

Nervousness

NERVOUSNESS is rarely if ever the result of excessive work. It sometimes comes of deficient sleeping and excessive worry, but in most cases the real cause is to be found in the chronic intoxication resulting from absorption of poisons formed in the colon, which influence the body as would a powerful drug injected into the circulation.—Dr. J. H. Kellogg.

Material for Division

FOLLOWING Associated Press dispatch from Dunkirk, France, was recently published:

"Marquis, the regimental despatch dog of the Twenty-third French Infantry, has been mentioned in the orders of the day, having fallen in duty at the battle of Sarrebourg, on the Belgian frontier. At this action it became necessary for an officer to send a report immediately to his superior, but at the time the German fire was too intense to allow a man to cross the fire zone, and Marquis was charged with the mission.

"Off he ran across the fire-swept zone and arrived nearly at the objective point, when a German ball struck him in the right side and brought him down. He struggled to his feet, though losing a great deal of blood, and dragged himself up to the position where the officer was directing a section of machine guns. He let fall the order, reddened by his blood, and breathed his last.

"His soldier comrades are raising a fund for a monument, on which is to be inscribed: 'Marquis—Killed on the Field of Honor.'"

The Pedometer Habit

A FAMOUS New York doctor was called upon some months ago by a patient who presented an appearance of illness, but with whom he could find nothing the matter. Questioning disclosed the fact that he had not taken regular physical exercise for years. "That's your trouble," remarked the wise physician. "I'll write you a prescription." When he got outside the office the patient opened the bit of paper and read: "Get a pedometer and bring it back to me in three weeks with the indicator pointing to 100 miles." When the patient returned at the time mentioned, the doctor, without making an examination, told him he need not come back any more. His looks demonstrated the efficacy of the treatment. But he was counselled to persevere in keeping the pedometer busy and thereby save many a doctor's fee.

There are imaginative patients, most of whose troubles may be traced to the "thermometer habit." They are constantly taking their temperatures and their feelings are regulated by their discoveries. A splendid substitute is the "pedometer habit." Instead of continually fussing to keep his temperature below 100, for instance, the possessor of one of these clever contrivances can try how long it takes to send the pedometer above that figure. Lots of fun is to be obtained from ascertaining distances between various points by walking them. Incidentally the liver gets a good shaking up, the lungs receive the fresh air for the lack of which they have been starving, and the enthusiastic pedestrian feels a new joy of living. It is not convenient for all to play that most excellent of pastimes, golf. But the pedometer game is available to most, and it renders interesting what is, after all, a rather monotonous form of exercise.—Pittsburg Gazette Times.

The application of correct principles of sanitation and hygiene have almost abolished smallpox and other ailments, due to uncleanness. The next thing for the sanitary officials to attack is the filthy practice of poisoning the blood in the name of vaccination.—Life.

Fred Welsh, vegetarian pugilist, earned \$50,000 in America in two months.

Cancer

ANOTHER "wonderful cancer cure" is announced. It will lure more unfortunates into false hopes, and postpone the adoption of rational methods until it is too late.

Cancer is due to the ingestion of more proteid food than can be assimilated. It is favored by worry. Also, an increasing number of physicians are coming to the opinion that the awful spread of cancer is largely due to the poisoning of the blood of the people with animal filth, in the shape of serums and vaccines, that has now been going on for more than half a century, and is constantly increasing. Cancer was practically unknown when vaccination was first introduced. It is worse in countries where vaccination has been practiced the longest time, and the most strictly. A physician says that in thirty years he never saw a case of cancer in an unvaccinated person.

Last year Eugene Christian, of New York, published an article on the cause of cancer, in which he said, as I have said a hundred times, that it is a food disease, and that such remedies as radium can never cure, because they do not touch the cause. At length, some of the leading cancer specialists are beginning to admit this fact—slowly, it is true, for they hate to give up the use of the knife. Dr. L. Duncan Bulkley, head of the New York Skin and Cancer Hospital, and regarded as one of the leading skin and cancer specialists of New York, has introduced dietetic treatment for cancer in his hospital, and the same treatment has been introduced in the hospital of Cornell University. Dr. Bulkley, as reported in the New York American, says:

"Cancer is usually caused by improper eating and drinking. It can be treated by eliminating meat, alcohol, coffee and tea from the diet, and probably would disappear as a disease in a generation or so if a vegetarian diet and the simple life were the rule among civilized people. Surgery can only remove the results of the disease, and does not touch the cause. * * *

"Cancer mortality is lowest where conditions of life are hardest, and greatest where wealth and leisure exist. * * *

"In England the consumption of meat is rated at 260 pounds yearly per capita. This is double the consumption of fifty years ago. Cancer has increased fourfold. In Ireland the rate is forty pounds, with a death rate of but one-half that of England. In Italy, where the per capita consumption of meat is smallest, the death rate from cancer is also the lowest. The consumption of meat per capita in this country has reached the enormous rate of 172 pounds."

I may add that it is not necessary to go to a hospital in order to adopt a rational dietary.

Outer cancers may be removed by poultice or lotion treatments, but they will return, unless the mode of life that produced them is abandoned. Inner cancers can be reached only by a prolonged fast. That is the only way—or at least, a fruit fast. Medical men still continue to recommend the knife as the only way, yet their own authorities admit that operations cure in less than one case out of two hundred—and then it probably was not cancer. After an operation, the cancer always returns in a more malignant form.

Sixty years ago a young man tramped the streets of London in order to get his life insured. He went to one insurance office after another, and could not find a solitary doctor who would endorse the risk, because he was a "tee-totaller."

Physical Labor as a Medicine

WORK kills worry.

Work with the hands brings the joy and the satisfaction that only creative effort can give.

Work increases absorption of oxygen and so fans the vital fires which consume body poisons and purify the blood.

Work promotes sweating, and thus increases the elimination of poisons by way of the skin.

Work encourages deep breathing. This increased activity of the lungs alone carries off one-fifth of the poisons produced by vital activity.

Work improves the functions of the abdominal organs. This means increased liver and kidney activity, and consequently less nervousness, less irritability, less fatigue, fewer headaches and greater efficiency.

Work taken in the open air combines the benefits of work and of fresh air and of the mental stimulus of the out-of-doors.

Plan to make a garden and work it. Begin now!—Dr. J. H. Kellogg in "Good Health."

Shade Trees

IT would surely have been better had the city and county of Los Angeles expended on shade trees the money wasted on potted palms in the city, and on artificial, theatrical, inartistic rose trellises along the county highways. For a section that boasts of more than three hundred days of sunshine every year, we are shamefully behind less favored regions of the country, in highway shade trees. Shade trees are healthful as well as beautiful. They not only give shade, but also modify the aridity of a climate, a most important consideration in the southwest.

Let us get up a movement for the general planting of shade trees. And then, after they are planted, let us protect them—with shotguns if necessary. As it is now, a magnificent tree, perhaps a hundred years old, is sacrificed for the sake of a miserable cement curb. Men who do this, or permit this to be done, surely have small souls.

Bouquet Salad

BOIL clean white cauliflower thirty minutes. Drain. When cold divide into small branches, arrange in salad bowl, and garnish with pickled beets and Spanish pimiento (peppers). Pour over it mayonnaise dressing.—Dr. H. Lindlahr's Nature Cure Cook Book.

Maxims For Mothers

APPEAL to the good side in your children rather than the bad.

Gain their complete confidence and do nothing to forfeit it.

Teach them to feel a pride in their home by giving even the youngest some little home duties.

Make them feel that their friends are always welcome and encourage their harmless hobbies and amusements.

No matter how great your wealth, refuse to delegate your motherly duties to hired employees.—Mrs. J. Christopher Marks.

Over-Working the Right Hand

FVERY right-handed person is imposing upon one hand and "petting" the other.

It is estimated that hardly one person out of ten uses his left hand 5 per cent of the 100 per cent of its usability from getting up in the morning until going to bed at night.

In this respect the left-handed person, although often made the butt of the "lefty" stigma, is far superior to his right-hand neighbor. There is hardly a left-handed man or woman who cannot use the right hand much more freely and with stronger grip than the right-handed man or woman can use the left.

So weak is the left hand of many men and women that although not crippled in any way and perfect as to shape and size, nevertheless it is held back and guarded and restricted as though it were an injured member.

In lifting weights or grasping objects with the firmness necessary for moving or shifting, the right-handed person makes the right hand do three-fourths of the work.—The Roller Monthly.

To the above it might be added that the overworking of the right arm leads to a weakened condition of the blood vessels on the other side of the body, which then is easily affected by unusual shocks. Learn to use both arms. This power will come in handy, should you ever be so unfortunate as to lose one of them.

Billy Sunday

THE Literary Digest, of June 12, devoted twenty columns to extracts from opinions of religious newspapers on Billy Sunday. Of the 127 opinions quoted, 56 were favorable, 43 qualified, and 28 unfavorable.

I have more respect for Billy Sunday than for some of the preachers of platitudes in our fashionable pulpits, although, as my readers are aware, I have no use for Billy Sunday.

A Defense of Alcohol

FOLLOWING is an extract from an address delivered by Samuel Woolner, Jr., of Peoria, Ill., president of the National Wholesale Liquor Dealers Association, at the annual convention of the association, in Cincinnati:

"The persons engaged in the liquor business contend they are simply supplying a want and a need. The demand is here otherwise there would be no supply. We contend that the people have an unalienable and inborn and God-given right to their products; that it relieves more misery than it causes; that it produces more joy than sorrow; that it adds to the efficiency, instead of taking away from it; that it is a tonic for the body, producing stronger and healthier minds which is a greater preventive of crime of all kinds and causes a lesser demand for institutions such as jails and hospitals for the insane, feeble-minded, etc., than would be required under prohibition or total abstinence."

Manufacturers of alcoholic beverages should pray to be delivered from their fool friends.

Vinegar is said to destroy the germs of typhoid fever. So does lemon juice, and it is much more wholesome.

Sunset Club

DESERTING for once the California Club, its usual meeting place, the Sunset Club, of Los Angeles, celebrated its twentieth anniversary by meeting in the Hoffman Cafe, in the same room where the first monthly dinner was held, on June 28, 1895. Of the sixty charter members—among whom I am proud to be included—nearly two-thirds are yet in the land of the living, an exceptional record, when the average age of these men is considered, and proof that they are “good liver,” in the right sense of that much-abused phrase. At present the oldest member is 80, the youngest 38.

There are now 62 active members of the club, and 9 honorary members. A limit of 70 was set 18 years ago. There is always a long waiting list, membership in the Sunset Club being highly prized.

A Good Exercise

WHEN you awaken, while still in bed, inhale a full breath, and hold it while you tense every muscle. Turning the toes toward the knees, clench the fists, set the jaws and neck, and writhe as if to twist every muscle. Make one set of movements and repeat as long as you can conveniently hold the breath. Then exhale, relax and rest. Close the eyes, and note that every nerve in your whole body just elbows each other and, as it were, calls: “Wake up and see who is here.” After one or two minutes rest repeat, with as much vigor as you can muster.—Prof. B. H. Jones.

Los Angeles

PETER CLARK MacFARLANE had a clever article in Collier's (June 26) on “The City Advertising Built,” in which he gave full credit to the enterprise of Los Angeles and to Frank Wiggins of the Chamber of Commerce. Regarding the present population he wrote: “The estimate today, based on directory names, gives 350,000. The papers, of course, boldly claim half a million.” A strange slip in an otherwise excellent article. The 1914 City Directory estimated the population of Los Angeles at 516,317. Today, undoubtedly, it is not less than 525,000.

No Negro Colonels

ONE of the things for which Americans criticise the English is that while India furnishes tens of thousands of fine soldiers for the empire, no Indian is ever permitted to attain high rank as an officer. But Americans needn't go away from home to see a similar distinction.

We have regiments of negroes in our regular army, but there is no negro colonel.—Philadelphia Ledger.

The Committee on Therapeutic Research of the Council of Pharmacy and Chemistry of the American Medical Association reports that American liquid paraffin is as good as Russian paraffin, for internal use.

The Hygienic “T” Bandage, manufactured by the Naturopathic Publishing Company, when combined with rational diet, is a valuable remedy for ailments of men and women, centering in the middle regions of the body.

Tomatoes are an excellent liver medicine.

Mental and Physical Fatigue

SOME interesting and fruitful observations were presented just before the war to the Academy of Science in Paris concerning the effects of physical and mental fatigue on the pressure of the blood. According to experiments conducted by Mr. Lahy on such exertions as that of a soldier on the march, there is no observable augmentation of blood pressure. Very different results, however, are observed in other cases, such, for example, as that of typists, who, while exerting very slight muscular effort, are obliged to practice sustained attention, exercise the memory constantly, and make motions which, though slight, must be skillfully adapted to certain ends and therefore require judgment. In other words, those labors in which watchful attention is continuously directed toward the same object have the greatest tendency to increase the pressure of the blood. Such regularity of increased pressure must have some effect on the health, and this fact should be considered, says the *Revue Scientifique*, in fixing the duration of hours of work.—Literary Digest.

Wonderful Obesity Cure

ACCORDING to a dispatch from Stockton, Cal., a woman there has discovered that "overeating is one of the potent causes of obesity." Wonderful! Perhaps she will discover by and bye that two and two make four. A State insane asylum is located at Stockton.

This woman fasted 45 days and reduced her weight from 220 to 186 pounds, the usual reduction of about a pound a day. You may do likewise if you choose.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	50c	October, Medical Science.....	40c
July, Human Gas Tanks.....	\$1.00	November, Water Cure.....	\$1.00
August, Osteopathy.....	1.00	December, Climate.....	25c
September, Epidemic Scares.....	40c	January, 1914, Nature Cure.....	\$1.00
October, Vivisection.....	\$1.00	February, Cancer.....	40c
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December, Crime a Disease.....	25c	April, Starved Nerves.....	40c
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February, Medicinal Foods.....	\$1.00	June, Waste of War.....	\$1.00
March, Sausage Mills.....	50c	July, Food Value of Nuts.....	25c
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Chamber of Commerce Building, Los Angeles, Cal.

GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore, allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

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M.D. 1250 pp. many illustrations..... \$2.00

Four books in one volume. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.

ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D. 360 pp..... \$1.85

This is one of the very best books I know on diet and general health measures.

WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp..... \$0.85

The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.

DISEASES OF WOMEN AND EASY CHILDBIRTH; J. H. Tilden, M.D.; 185 pp..... \$1.50

Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."

GONORRHEA AND SYPHILIS; J. H. Tilden, M.D.; 188 pp..... \$2.50

In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.

HOW NATURE CURES; Emmet Densmore, M.D.; 413 pp..... \$2.65

The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.

VITALITY, FASTING AND NUTRITION; Hereward Carrington. 650 pp..... \$5.25

One of the most remarkable books ever written on these subjects. A complete guide to fasting and much more than that.

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An eminently sound book on the care of the body in health and disease, with especial reference to diet.

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Commerce Building, Los Angeles, Cal.**

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

A LICENSED PHYSICIAN.

I had a dispute with a friend as to whether or not you are a licensed physician. Would you kindly settle the question?—William Jeffrey, Kansas City.

Certainly. I hold a license to practice in the State of California as a Doctor of Naturopathy, "with all the privileges, rights and advantages thereunto belonging." The license is derived from the Association of Naturopathic Physicians of California, under date of March 2, 1909, and is indorsed by the State Board of Medical Examiners per J. Park Dougall, M.D., president, and Charles L. Tisdale, M.D., secretary, in obedience to an act for the regulation of the practice of medicine, approved March 14, 1907, amended and approved March 19, 1909. My license was recorded in the office of the County Clerk of Los Angeles County, on April 15, 1909.

I trust this information will be sufficient to settle the dispute between you and your friend.

CARE OF THE BLADDER.

K. T.—You are evidently suffering from irritation of the bladder, due to the downward pressure of gas. That, again, is due to errors of diet.

A frivolous fellow has said that old men may be divided into two classes—those who cannot urinate, and those who urinate all the time. These conditions—which, by the way, in these degenerate days are by no means confined to the old—are not in accordance with natural laws. On the contrary, they are due to the breaking of the laws of health, and the only remedy is to conform to those laws.

In afflictions of the bladder, as in other ailments, diet is of primary importance. Forty years ago, while traveling up the Rhine with my father, in one of those abominable railroad compartments, where one is locked in like a prisoner, I found myself afflicted with retention of urine, due to severe pressure of gas on the bladder, caused by an unwise indulgence in semi-ripe plums. I had to get off and go up to Baden Baden, where, after in vain trying a hot hip bath, an old fashioned doctor operated on me with one of those old fashioned silver catheters, causing me to bleed like a pig. I have yet painful recollections of that instrument of torture.

Those who are troubled with gas in the stomach or bowels should avoid all foods that are likely to ferment, and especially all mixtures of foods that do not agree, as milk with other foods, or sugar with starch, or the mixture of many foods at a meal, or any slops, as mushes and soups.

For those with weak or irritable bladders the diet should be very bland. Avoid everything that causes an acidity of the urine. Chief among these are meat and sugar. By cutting out these two items you will find great relief. You must also avoid coffee and beer, and sweet wines. If you use any alcoholic beverage, the least harmful is a little pure whisky with plenty of water—either plain water or one of the alkaline waters, not carbonated. In place of coffee you may take a little uncolored tea that has not drawn more than two minutes, but as I said, no sugar. Buttermilk may be "eaten" in moderation, not drunk. Baked potato is an excellent thing to eat. A good thing to take at night is a cup of flax seed tea. It works like the oiling of machinery. Gentle massage of the prostate gland morning and evening is helpful.

A most important thing is to secure action of the skin, for unless the skin acts, double work is thrown on the kidneys and bladder. Do this, not by over-loading your skin with heavy clothing, but by exercise, rubbing, scrubbing, sun and air baths, deep breathing, and an occasional sweat. Another most excellent thing, when there is weakness of the bladder, is the use of the T Bandage, sold by the Naturopathic Publishing Company. It is worn damp, at night, under a thick dry covering.

By following these simple suggestions you may perhaps save yourself much suffering and annoyance, and possibly escape a painful, unnecessary and dangerous operation.

STRONG WOMEN AND WEAK MEN.

Are you in favor of woman's having the ballot? Since woman is conceded by man to be morally superior, it seems to me that her vote would result in better laws. Also, I believe that woman, as the mother half of humanity, has a deeper interest in the children of the race.

My brother is opposed to woman suffrage, his main argument against it being woman's physical inability to enforce the law. What do you think of that? I told him there were some men who were physical weaklings, not being competent to serve in the militia or on the police force, and I suppose they ought to be debarred also, if physical weakness be any good reason.—Miss Mattie Mitchell, Demorest, Ga.

Yes, I favor woman suffrage, although I do not believe that it will make much difference, in the long run, because all men do not vote wrong, and all women will not vote right. As to the physical argument, that is weak. There are many men who are incompetent to be policemen or soldiers, and there are many women who are fully competent to fill such jobs. Also, where do the policemen and soldiers come from? The bearing of children is sometimes a more arduous task than the bearing of arms.

Who concedes the moral superiority of woman?

OVARIAN TROUBLES.

S. K.—The ovaries, like the kidneys, are painless organs, although both are often the seat of serious diseases. In a great many cases, however, what are supposed to be ovarian troubles are due to misplacement of the uterus. The constant cutting out of the ovaries is a medical crime. Misplacements of the uterus can be cured by perseverance in simple exercises that cause the womb to resume its normal position, with the adoption of a rational dietary that does not cause gas and pressing down on the parts.

LACERATION OF THE UTERUS.

Replying to "E. J." last month, reference was made to "ulceration" of the uterus. As most of my intelligent readers will have perceived, this was a typographical error for "laceration."

DEFECTIVE EYESIGHT.

Can you tell me what is the cause of specks and webs floating before the eyes?—R. L. J.

These manifestations are due either to a morbid condition of the liver, or of the nervous system—sometimes of both. Local treatment alone will never effect a cure in this, or any other ailment of the kind, because it does not remove the cause. Find out what dietetic errors you have been committing and abandon them. In addition to this, local massage, and the application of cold water, are useful.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

ANNUAL REPORT OF THE LOS ANGELES COUNTY PIONEERS OF SOUTHERN CALIFORNIA for the years 1914-15, Los Angeles, Cal.

This report of the Los Angeles Pioneers' Society, of which I am a member, contains interesting reminiscences of old times, also biographies and portraits of some of the members who died during the past year, numbering twenty-five. The old boys are steadily disappearing, and soon there will not be many of us left.

CHIROPRACTIC; R. E. McNamara, D.C.; booklet, 307 Majestic Bldg., Quincy, Illinois; illustrated; price 5c.

This booklet is written for the purpose of calling the attention of intelligent people to the comparatively new system of drugless healing, known as Chiropractic. The author explains, in simple words, this mechanical method of treating abnormal conditions of the body. Dr. McNamara offers 100 copies of the booklet for \$1.50.

YOUR CHILD, TODAY AND TOMORROW; Sidonie Matzner Gruenberg; order through BRAIN AND BRAWN or Otto Carqué, Los Angeles; 234 pp.; price \$1.35 by mail.

In her preface the author makes a statement that is both important and true:

"I am convinced that our failure to understand the workings of the child's mind is responsible for much of the friction between parents and children. We cannot expect the children, with their limited experience and their undeveloped intellect, to understand us. If we are to have harmony, intimacy and cooperation, these must come through the parents' successful efforts at understanding the children."

The titles of the chapters are as follows:

You and Your Child; The Problem of Punishment; When Your Child Imagines Things; The Lies Children Tell; Being Afraid; The First Great Law; The Training of the Will; How Children Reason; Work and Play; Children's Gangs, Clubs, and Friendships; Children's Ideals and Ambitions; The Stork or the Truth; The Golden Age of Transition; Heredity and Environment.

The chapter on sex instruction by the mother is particularly good.

The book is entirely free from religious statements and sentiments, which mar so many books of this kind. It is the best book on the subject I have encountered. It should be read by all mothers and prospective mothers. I highly commend it.

The "Open Road," a little monthly, edited and published by Bruce Calvert, has moved from Indiana, where it has been crowded out by factories, to the Catskill region, in New York State. Address Long Eddy, Sullivan County, New York. R. F. D. No. 1. One dollar a year, single copies ten cents.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

MUCH INFORMATION.

Having read BRAIN AND BRAWN for six months, I must confess that the average person can get more much-needed information out of it than from any magazine in the United States. I wouldn't be without it.—Peter Peterson, 420 N. Hill St., Los Angeles.

STRONG THAT WAY ALSO.

We do not know how strong your publication is as an advertising medium, but if it is as good on this score as on the editorial matter it is "some" magazine. We are happy to state that we have a complete file of BRAIN AND BRAWN and it is not for sale.—Mead Efficiency Bureau, J. A. Beckstrom, Mgr., 1108 Jessie St., St. Paul, Minn.

BETTER THAN MONEY.

Enclosed \$1.00 is to pay my subscription to your magazine, which is one of the best. Those that follow its teaching will have a better asset than money can buy.—M. M. Gillespie, 818 S. Broadway, Los Angeles.

THEY CARRY IT AWAY.

When I get through with BRAIN AND BRAWN I put it on my waiting room table, from which people are at liberty to carry off anything they like to read. BRAIN AND BRAWN is not left on the table long, hence I have no file to refer to.—J. H. Tilden, M.D., Denver, Colo.

AHEAD OF THE TIMES.

I am inclosing one dollar to renew BRAIN AND BRAWN. I shall take it as long as I live. It certainly is a wonderful magazine, far in advance of the time. Long may it prosper. I wish you a long and happy life for the good you are doing.—H. Edward Hamilton, 20 Fonda Ave., Troy, N. Y.

FULL OF "PEP."

I am sending you a few names of persons who I think and hope will become subscribers to your excellent magazine, for if once read they will always read it. I think it is just "it," in every way, and I certainly enjoy the contents, which are full of "pep."—Mrs. Geo. Salmons, Reedsburg, Wis.

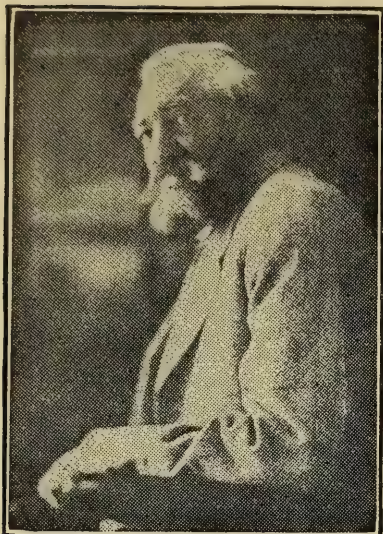
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Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook N.D.

The Healing Art

Nature, Not the Physician, Cures.—
Hippocrates.

VIVISECTION.

Governor Johnson failed to sign the bill providing that humane officers shall be permitted access to vivisection rooms. I did not think he would. He was bombarded with appeals from all over the United States, and from foreign countries, asking him to sign it. On the other hand, the quiet work was done by emissaries of the Carnegie Institute and other carving establishments, who came personally to California to urge him not to sign the bill.

At the last moment Gov. Johnson sheltered himself behind an opinion, said to have been given by Attorney-General Webb, to the effect that the bill was unconstitutional. If so, then it should be made constitutional as soon as possible. We want no underground inquisition chambers in this country. The bill was prepared in the Attorney-General's office and passed by that office as legal.

That there is urgent need for such a measure I need not tell my readers. A book was recently published in London entitled "An Ethical Problem," being sidelights upon scientific experimentation on men and animals, by Albert Leffingwell, M.D. (Published by G. Bell & Sons, Ltd., London, and C. P. Farrell, 117 E. 21st St., New York.) In his introduction Dr. Leffingwell writes:

"It is exceedingly probable that no young physician or medical student could testify to cruelties witnessed in any physiological laboratory, if they involved the instructors or fellow-students, without injuring and perhaps ruining altogether, his professional career. Only in later years, when success and independence have been attained, can he venture to speak freely of what he has seen. Some men have thus spoken. The testimony of two is here given."

Henry M. Field, M.D., Professor of Therapeutics, Dartmouth College, has this to say:

"I well remember my experience as a student of medicine at the College of Physicians and Surgeons, New York. . . . I well remember the poor dogs brot out from their dungeon, perhaps famisht and tortured with thirst should the experiment require such condition, their appealing eyes and trembling limbs, I shall never forget. Indeed, some form of torture and atrocity was expected at every lecture, and sure to

be applauded. . . . The student who found entertainment in the unnecessary torture of animals learned something besides physiology; his humane nature was perverted."

Here is testimony by Frederick Roland Marvin, M.D., of Albany, N. Y.:

"I was educated to the profession of medicine and was graduated from the College of Physicians and Surgeons (Medical Department of Columbia College), New York, in 1870. In the classroom I saw vivisections so unqualifiedly cruel that even now they remain in my memory as a nightmare.

"All medical students in America know that similar outrages are perpetrated in our medical colleges every winter. I have witnessed vivisections so cruel and unnecessary that I am ashamed to remember that they were under the patronage of my alma mater."

Vivisection not only subjects animals to horrible tortures, but it hardens the souls of those who perform and witness such deeds. It is not surprising that the occasional product of such a system is a monster like Durrant.

Even were it true that this torturing of innocent animals was beneficial to the human race, I should still object to it. However, such is not the case. On the contrary, these experiments lead to the further extension of the injection of animal filth into the human blood, which has so greatly increased the prevalence of cancer and other diseases. Therefore, this constant cutting up of living animals is not only useless, but it is harmful to man. The animals are avenged.

Not content with cutting up living animals, physicians, in hospitals, are experimenting in various ways on living human beings. To the experienced physician, these fellow creatures are simply so many interesting "subjects," and should be glad to be considered worthy of being carved, in the interest of "medical science."

FEMALE VERSUS MALE MIDWIVES.

A few weeks ago in Los Angeles a doctor was called to the delivery, by a poor Mexican woman, of her ninth child. She had considerable pain, and he gave her chloroform—always a dangerous thing to do at such a time. She died, and eight children, the oldest still of school age, are motherless.

Such cases are all too common. It is only of comparatively recent years that the fad for male midwives, or physicians, has come in. It would be far

better to revive the female midwife, who can do all that is needed, unless there is some rare case of mal-formation. Physicians are all too prone to hurry a case, with instruments, or anesthetics. The price paid therefor, is often the life of the child, or the mother, or of both.

A female midwife can sympathize with the mother, for she has been through the same experience. Under proper conditions of living, the birth of a child is a perfectly normal and natural occurrence. If the mother has lived rationally during the preceding nine months, the delivery should be painless, or almost so.

Anesthetics of any kind—including scopolamin, or the so-called “twilight sleep”—are always dangerous, and particularly so at childbirth.

MEDICAL LAW AMENDMENTS.

Following is a summary of the principal changes made in the California law regulating the practice of medicine, as published in the California State Journal of Medicine:

“Several amendments have been framed and passed by the Legislature now in session and having been signed by the Governor become effective on or about July 24, 1915.

“These amendments known as Senate Bill 443, Benson, make the following changes:

“1. Combines office of Secretary and Treasurer.

“2. Provides that the Board publish a directory of every person holding a certificate to practice in this state.

“3. Establishing sub-offices in Los Angeles and San Francisco, and providing that legal action against the Board may be taken in either of these cities.

“4. Provides for the appointment by the Board of qualified commissioners of examination.

“5. Provides for a per diem to members of the Board for correction of examination papers.

“6. Establishes an additional form of certificate to be issued to chiropractors designating the educational standard to be exacted of chiropractors.

“7. Reduces the curriculum for a P. & S. certificate to 4000 hours, the number of hours in each subject being prescribed by law.

“8. Reduces the number of hours required of drugless practitioner applicants to 2000 hours, the number of hours in each subject being prescribed by law.

“9. Prescribes the curriculum to be

pursued by applicants for chiroprapist certificate.

“10. Re-arranges the subjects of examination for drugless practitioner certificate in order that the Board may determine the additional number of subjects to be taken by the holder of such certificate in order to acquire a P. & S. certificate. The subjects of such examination are specifically stated.

“11. Prescribing the subjects for examination for qualification for a chiroprapist certificate.

“12. Providing for the issuance of a certificate to the Army and Navy.

“13. Modifying the reciprocity feature. Demands one year residence in the state issuing the certificate used as the basis of the application.

“14. Adding to the unprofessional conduct classification. Making two additional causes for revocation: first, excessive use of cocaine, morphine, etc.; second, employment of cappers or steerers.

“15. Directing that the officers of the Court wherein fines for violations of the Medical Practice Act are imposed shall forward the amount of such fine directly to the State Treasurer to be placed to the credit of the Board of Medical Examiners contingent fund.

“16. Directing the answering, under oath, within ten days after demand by the Board, the name of the person or persons associated with or employed by the individual to whom the notice is directed.”

MIS-INFORMATION IN PUBLIC SCHOOLS.

A correspondent writes:

“Do you know that there are two text books used in the public schools of this state, “Richie’s Primer,” (the state text book,) also “Gulick’s series of Health and Hygiene” (the Town and County series,) that are honey-combed with the teachings of vivisection, the

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value of anti-toxins, etc. Isn't that a nice state of affairs? They have no more right to be teaching those medical fads and theories in our public schools than they have to be teaching religious creeds."

NATUROPATHIC ENDORSEMENTS.

Dr. Henry Gross, of Los Angeles, and Dr. Otto Lindstrom, of San Francisco, have been recommended for appointment to the State Board of Medical Examiners, and Dr. Carl Schultz, of Los Angeles, for appointment to the State Board of Health.

CORN CUTTERS.

A chiroprapist writes to me as follows:

"The 'corn cutters' and 'parers' are now going to be licensed to the tune of \$50, to continue their criminal treatment of the feet. Can nothing be done to compel them to change their methods, so that ailments of the kind may be cured instead of propagated?"

DR. ALEXANDER HAIG.

I have received a card announcing a change of address of Dr. Alexander Haig, author of several books on uric acid. He has removed from 7 Brook Street, to 31 Upper Brook Street, W. London. Dr. Kenneth G. Haig, who is associated with him, also goes to the new address.

THE HONORABLE HEALING ART.

Prof. B. H. Jones, of Pittsburg, writes:

"The unmitigated gall of the 'regulars' in claiming that all healing is a branch of medicine can find no support in fact, notwithstanding, some of the leading lexicographers have extended their opinions to help boost the delusion. Healing is the trunk of the art and medicine, which never was and never can be anything but a weak and insignificant barren branch of the honorable healing art, came as an after consideration. It never can occupy first place, as the trunk of the tree, as long as there is one living being left to think honest and sincere thoughts."

FOR DRUGLESS HEALERS.

Dr. Carl Schultz offers an attractive post-graduate course for drugless healers, in his Naturopathic Institute, which is now being reorganized. Write to him for particulars.

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Lewis Howell Rogers has been awarded a Diploma of Honor by the State of New Jersey Chiropractors Association, for discovery of the vital nerves which circulate the blood. Any person out of health or suddenly overtaken with any sickness can, as in early ages, simply press the nerves of circulation, entirely unaided, and obtain relief at once without any expense whatever. Down to the present day all Oriental nations still follow this simple practice of the patriarchs and are models of health. The New Jersey Chiropractors have adopted Mr. Rogers' method and find it a leading feature in Drugless Healing. Nearly a million booklets containing the full method with free trial have been sent out from Los Angeles and are entirely free to all who are interested in the subject of health. Address—

Mr. Rogers, 303 Ave. 61, Los Angeles, Cal.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

VIM AND VIGOR.

The Hygienic "T" Bandage, with rational diet, is one of the best natural methods of restoring vigor to those who are run down in health.

ST. JAMES' OIL.

Every time you take a warm bath—and you should do so at least once a week—rub your body with St. James' Oil, and you will note a great improvement in your condition. It is also good for the hair.

RUPTURE.

Charles Fritzsche, telegraph editor of the Los Angeles Times, informs me that he derived great benefit from a treatment by Mr. Benjamin.

BLACK FIGS.

Otto Carqué shipped a quantity of his celebrated black figs to Germany and England, about the time that war broke out. They were held up in the Odenwald, at Porto Rico.

MILK CURE.

Dr. Porter announces the reopening of his well known milk cure sanatorium at Burnett, near Long Beach, Los Angeles county.

STATE BOARD COURSE.

R. G. Schroth, M.D., announces a state board course of study for drugless healers. He will be glad to send full particulars, on request.

AT THE BEACH.

Now is the time when many of my readers are going to the beach. Whenever you happen to be in Long Beach, don't fail to drop in and look over the Long Beach Sanatorium, a first-class place for rest and recuperation. Some of you might not do better than spend

PROSPECTIVE STUDENTS: We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Tarapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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R. D. No. 1, Box 236, Pasadena, Cal.

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Prof. B. H. JONES, Northside, Pittsburgh, Pa.

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An ideal resort for nervous, chronic and convalescent cases and those wishing to gain weight. Rates moderate. Address Milk Diet Sanitarium, 608 Friend Avenue, West Hollywood, Cal. Office 1209 Marsh-Strong Bldg., Los Angeles, Cal. Tel. Holly 599.

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SINCE DR. LUNTZ PRODUCED THE FAMOUS FLAXOLYN POWDERS, A SUBSTITUTE FOR ALL MEDICINE. Indorsed by the leading stomach specialists of the United States, for Nervous Dyspepsia, Biliousness, Constipation, Gall Stones and Kidney Complaint. Flaxolyn is strictly prepared from herbs, roots and pulverized fruits. To prove the merits of Flaxolyn. If not relieved, money returned. Thirty days' Flaxolyn treatment, \$1.

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a week or two there, and come back rejuvenated.

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The German Sanatorium, on East Adams St., Los Angeles, is quiet and comfortable and attractive, with home-like surroundings.

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Dr. Mary Kraft announces that she undertakes to prepare expectant mothers for easy and safe confinements.

PROSTATIC TROUBLES.

Mark M. Kerr, Sr., of Cincinnati, treats these annoying and sometimes dangerous troubles, by direct local application.

A GOOD TONIC.

You will find your health greatly improved if, in place of drinking so much tea and coffee, you substitute malt extract. It is a food, whereas tea and coffee are merely stimulants.

SCHOOL FOR DOCTORS.

The Eclectic School of Drugless Healing, of Chicago, has a college of physiological therapeutics, in which all natural methods of healing are taught to post-graduate students. See announcement and write for literature.

FLAXOLYN.

Dr. H. Luntz of Philadelphia has worked up quite an extensive demand for his Flaxolyn. It is not a drug, or it would not be advertised in **BRAIN AND BRAWN**. It is composed of a combination of flax-seed, herbs, and fruit acids, and is therefore harmless.

The Business Office

Dunlap and Haines, distributors, have sold out to the Badger News Company, who will continue to supply the local trade with **BRAIN AND BRAWN**.

We shall be glad to correspond with reputable agents everywhere, in regard to taking subscriptions for **BRAIN AND BRAWN**. The work is easy, and we allow a good commission.

In case you experience any difficulty in getting **BRAIN AND BRAWN** at your news dealer's, you should subscribe. By doing so you save money.

A letter addressed "B. & B." "C. of C."—merely that and nothing more—was recently delivered to **BRAIN AND BRAWN**.

HOW TO EAT HONEY

AS honey is obtained it is composed of two ingredients—earth and air. The part from the air is fat or nitrogen, while the earth part is oxygen or water. Before honey can be used in the body these two substances must be separated in the same way that milk is put in pans and set in the pantry until the cream rises. After the cream is out the more watery part in the bottom easily sours. This sour is the oxygen or hydrate and is the life of the milk that the cow obtained from the buds and branches of growing plants.

So with honey. About a pound of honey is put in a crock and two or three quarts of water poured in on the honey to make the honey hydrate. In about 15 hours the fat or nitrogen will rise out of the honey and come to the top of the water and its volatile part will pass away on the air while the more watery or mineral portion of the honey will remain in the bottom of the crock. The part that escapes is fats, or reflected light, not pure sun carbon, and, would defile the body if eaten.

If you wanted some buttermilk quickly you would put in some sour curds and churn the milk and curds together. Likewise the water is stirred up or agitated with the pure hydrate of the honey in the bottom of the crock, then poured out into a separate dish and waited for it to sour or ferment. This ferment of honey is oxygen the same as the ferment of milk is oxygen.

Now, instead of waiting two or three days for the honey and water to sour or ferment, put in a small amount of honey water that has already become sour the day before and tastes sharp like acid, just the same as a small amount of sour milk put in with sweet milk causes it to sour quickly. The honey and water will sour in from two to four hours and tastes about three times as sharp and twice as delicious as apple or grape juice. There is no injury nor intoxication in a ferment unless you let it work on the reflected fat part described in the second paragraph.

When eating fat or greasy foods or vegetables that are weak in flavor, take some of this sharp tasting drink along with them to cut or dissolve the grease and lend flavor to the weak foods. This dross (cream) in milk and honey (oil) is worn out, reflected sun carbon, that, by digestion, produces spores and diseases. The oxygen of fresh sunlight is blue. By mixing with air it is made green. In order to get rid of the air it changes to red. Then develops to blue and green again, which produces the evolution of the life germs. Life is short without this evolution.

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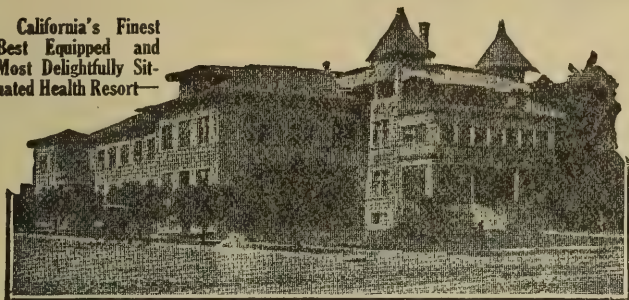
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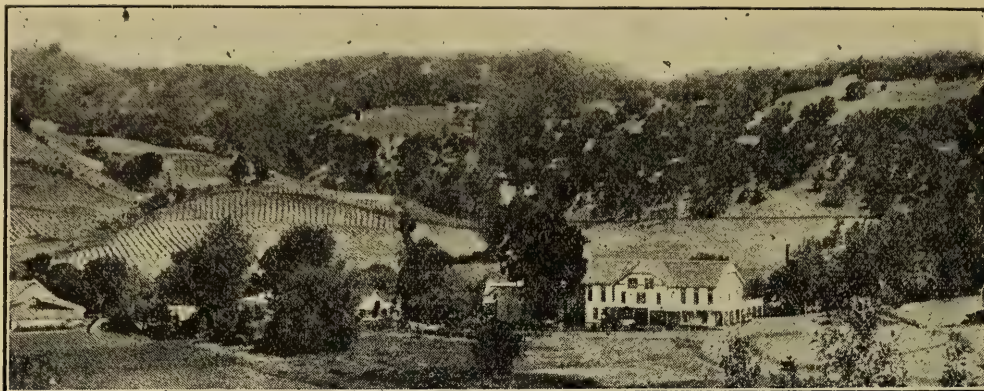
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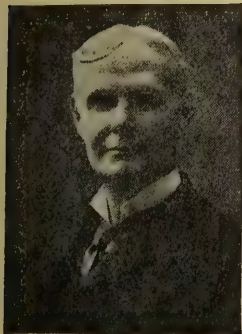
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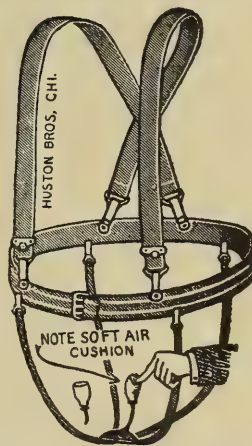
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Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

Published Monthly by the Naturopathic Publishing Company, Inc.

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Vol. IV

LOS ANGELES, AUGUST, 1915

No. 3

A People Without a Country

A JEW, who describes himself as a successful corporation lawyer, had an article in the American Magazine for June, headed: "What It Means to be a Jew." He said he had always attempted to display a liberal spirit, and had aided Christian charities. He makes this remarkable statement:

"As a result of all these years of experience, I am of the opinion that there exists today a stronger and more defenseless antagonism to and prejudice against the Jews, socially and commercially, than at any time within my recollection, covering easily the past two decades. . . . Travel in other countries has convinced me that, in every section I visited, the Jew was much more respected and more frequently received socially, than in the United States."

This is somewhat surprising. Yet, we must admit that in the United States, the "Land of the Free," race prejudice flourishes. A conscientious investigator, Mr. Fraser, to whom I refer later, says:

"Notwithstanding talk about all men being equal, there are more race distinctions in America than anywhere else on earth, except India, and the distinction there is due to religion. In the United States the dislike of the negro is due to color; the dislike of the Jew is economic."

Hermann Struck, the noted Jewish artist, interviewed by the Jewish Chronicle, of London, on his impressions of America, declared that social ostracism here is worse than in Russia. He added:

"Where else in the world, I should like to know, would you find one of the leading non-Jewish commercial magnates say of one of the leading Jewish financial magnates: 'I only know him up to such and such a street,' the street denominated being the border of the stock-dealing area of New York?"

In considering the Jew, we should remember that there are racial divisions among them, also. The Spanish and Portuguese Jews look down upon the German Jews, and they in turn claim superiority to the Russian and Polish Jews. The latter assert that the German-American Jew has poisoned the American press with distrust of Jewish refugees from Russia.

There are Jewish traits that are offensive, such as the ostentation and vulgarity of the "new-rich." Also, a tendency to trickiness in trade, which, however, as we know, is not entirely confined to the Jew. These characteristics would gradually disappear, were it not for the constant immigration of raw material from Europe, of late coming mainly from Russia, Poland and Galicia. On the other hand, the Jew must be credited with such good qualities as ideal family life, filial love and respect, frugality, studiousness, absence of domestic scandal, charity, temperate habits, and tireless industry.

The Jews are the most wonderful race that ever inhabited the

earth. A people without a country, persecuted for thousands of years, they have made themselves powerful in every land, and in almost every sphere of human endeavor. They have flourished under persecution. It remains to be seen if they will progress so well without it, for persecution has always been a great stimulus. I refer to moral, not material, progress.

A century ago Jewish parents had an average of from four to six children. Now the average has fallen to two or three. However, this decrease in birth rate is partly compensated for by the low death rate, due to the careful attention given children. The proportion of Jewish infants that die is one-third of the number of Christian infants. The hygienic laws of Moses, which the younger Jews are beginning to disregard, have undoubtedly contributed largely to the wonderful persistence and success of the Jews. On the other hand, the president of the National Eclectic Medical Association recently stated that no race suffers so much from nervous and mental diseases as the Jews, the proportion of insanity among them being appalling—that they are far more liable to insanity than any other race. He believes one of the principal causes of this is the highly emotional nature of the Jew.

It is estimated that during the lifetime of Jesus there were about 4,000,000 Jews in the world. Toward the latter Middle Ages there were not more than 1,000,000 avowed Jews. The rest had been forcibly converted under persecution—that is, nominally converted.

John Foster Frazer, in his recently published book "The Conquering Jew," says:

"Always, when a Jewish population was being absorbed by intermarriage into a nation, that nation rose to pre-eminence. . . . German towns which expelled the Jews declined commercially, and towns like Hamburg and Frankfort, which admitted them, rose proportionately. It was not until the Jews were allowed to settle in Marseilles, Bordeaux, and Rouen, that these cities raised their heads in prosperity."

Today, the number of Jews in the world is estimated at 12,000,000, of whom 9,000,000 live in Europe—6,000,000 in Russia. Fifty years ago there were only 50,000 Jews in the United States. Today there are 2,000,000, of whom half live in New York State. There are nearly as many Jews in New York City as in Warsaw, Budapest, London, Vienna, Paris, and Berlin combined. Considering the total population of the world, the number of the Jews is insignificant, but their influence in the affairs of the world is immense.

As I have said, Jews have distinguished themselves in almost every branch of human activity. This is the more remarkable, when we consider that for centuries they were forced into the narrow groove of trading and money lending. We find them in politics, science and the arts. Among musicians they have long been to the front. In the journalistic world they are prominent. In theatre management, and among playwrights the Jews take the lead. They are masters in art dealing. In scientific laboratories their number is amazingly large.

Turning to the field of industry, we naturally find the Jew still more in the front, especially in the United States. The clothing establishments of New York City, capitalized at over \$150,000,000, are almost all controlled by Jews. In the tailoring trade of the United States, German Jews drove out the American Jew, and now the Rus-

sian Jews have driven out the German Jews, by means that will not bear investigation—in other words, by under-selling, starving and sweating, besides being content with the smallest return. Today Jews have practically the monopoly of clothing the male population of America, a business representing an output of about \$600,000,000 a year. A writer has said: “At midday, when Fifth Avenue is crowded, it seems as though all of Judea was let loose.”

Jews are rapidly becoming the greatest land owners. Nearly all the new purchasers of land in New York are Jews. A catalogue of property owners in New York looks like a catalogue of Jewish names. Only a few years ago many of these millionaire landlords were carrying packs on their backs, or trundling push carts.

Half the students in Columbia University, and three-quarters of the under-graduates in the College of the State of New York, are Jews. They easily out-distance the Gentiles in knowledge. They have already obtained absolute control of certain city departments in New York. They have captured a great majority of the engineering jobs, and hold most of the minor legal positions. Most of the municipal office boys are youngsters from the East Side. The stenographers and typewriters are nearly all Jewish girls. The bookkeepers and holders of minor clerical positions, are almost all Jews.

Most of the great department stores of the United States are Jewish, sprung within the last generation from humble beginnings. The Jews are masters of the whisky trade in America. Eighty per cent of the members of the National Liquor Dealers' Association are Jews. Jews buy up nearly all the leaf tobacco, selling to the great tobacco companies. They have a grip on the cigar trade. The American Tobacco Company manufactures about fifteen per cent of the cigars smoked in the United States. The Jews provide the rest.

Many of the greatest American banking houses were established by Jews. The railroads of America are now largely dominated by the Jews. The firm of Kuhn, Loeb & Company, is influential in railroad ownership, from the Atlantic to the Pacific.

The amusement of America is almost completely in the hands of the Jews. At least ninety per cent of the operatic, theatrical, vaudeville, and moving picture entertainments are provided by the Jews.

We have heard much talk about Zionism—about a revival of the ancient glory of the Jews, in Palestine. It is a beautiful dream. Some Jews may go there, from countries where they are persecuted, but many, even of those, will prefer to come to the United States.

Whatever you may be pleased to think of the Jew, as an individual, you cannot refrain from admiring what he has accomplished, and is accomplishing, as a race.

Strong sexuality is a great power in human life, and if controlled and purified there is scarcely a limit to its possessor's varied ability to accomplish much good in this world. The great men of the world, as a rule, have been strongly sexed. But when this power is perverted there is scarcely a limit to its destructive and demoralizing influence. Aaron Burr is a typical illustration of this statement.—Charles F. Winbigler.

A Brainsy Animal

A MAN who is said to have killed his wife; who exploded a bomb in the State Capitol; who tried to kill Morgan; and who boasted of having placed an explosive on a trans-Atlantic steamship, finally committed suicide in his cell. His brain was examined by an "expert," who declared the brain to be "one of the most excellent he had ever examined."

According to this, you might about as well examine a man's bath sponge, as his brain, in order to find out what kind of a fellow he is.

Formerly, it was supposed that man had only one brain—and sometimes little of that. Now we have got to five, and perhaps there are more coming. There is the objective and subjective mind, according to Hudson—which may be the two halves of the brain, one working a little in advance of the other. There is the cerebellum, controlling the sexual functions. There is the solar plexus, or abdominal brain, an important "central station," and not long ago a scientist named Sajous told us he had discovered a new organ, which he called the "somatic" brain, at the base of the skull. This is the pituitary body, the importance of which is only now becoming recognized. It was supposed by physicians to be a remnant from man's evolution, as they said of the appendix. In this they erred. There are no "superfluous organs" in this wonderful body of ours.

Sajous showed that the pituitary organ, in its relations to the functions of the body at large, is even more important than the brain. None of the brain functions are impaired, when the cerebral hemispheres are removed. All cease, however, when the pituitary body is cut out. Moreover, this "somatic brain" contains a delicate sub-organ, whose mission is supposed to be to protect the body against disease.

The Prisoner of the Vatican

THE head of the Roman Catholic Church is placed in a difficult position just now. Austria is the mainstay of the church. Southern Germany is Catholic. Belgium is Catholic, Italy and France are nominally so. There have been rumors that the Pope would leave Italy during the war. Spain has been mentioned as a refuge, and recently a report was published that apartments were being prepared for the Pope at Einsiedeln, in Switzerland. I visited Einsiedeln nearly fifty years ago, during my walking trip through that country. It is a Benedictine monastery, and a resort for pilgrims, attracted by a sacred image of the Virgin. These pilgrims average 150,000 a year, chiefly on the 14th of September. Einsiedeln is in the canton of Schwyz, from which Switzerland derives its name, and is a few miles from the lake of Zurich. Paracelsus, the prince of quacks, and introducer of mercurial poisoning, is said to have been born at Einsiedeln.

The "Black Pope," or head of the Jesuit Church—erroneously supposed by some to be even more powerful than the Pontiff—recently took up his dwelling in Einsiedeln, so that there may possibly be some truth in this latest rumor.

I am told that the Pope foresees trouble in Italy after the war and that he thinks it may lead to the re-establishment of an enlarged state

of the Church embracing all Italy. There is far more likely to be an Italian republic.

The Pope's imprisonment is self inflicted. The Italian government would be delighted to have him assert his freedom. However, the fiction of martyrdom and temporal power must be maintained. And then, a Pope at large, circulating among the people like an ordinary sovereign, would be less impressive than one immured in the sacred precincts of the Vatican.

A Permanent Quarantine of Latin America

WILLIAM PLOTTS, of Whittier, Cal., who makes frequent trips to Colombia, South America, where he is one of the pioneer oil men, writes to me, regarding a permanent quarantine maintained against Latin America by the political doctors. They also discriminate against New Orleans in favor of New York. This is not only silly and exceedingly annoying to travelers, but it interferes seriously with trade between this country and our southern neighbors.

According to Mr. Plotts, this unnecessary and unjustifiable quarantine is breeding much bitterness against the United States on part of the Latin countries south of the Isthmus, and threatens to nullify much of the good that we expected from the Panama Canal. When the Canal work was begun, sanitation was turned over to a commission, which quarantined against all Latin American countries. This was submitted to for a time, but there was no idea that it would be made permanent. Colombia, which suffers the most, is a healthy country.

It is said that Col. Goethals is not responsible for this absurdity, the real instigators being the political doctors of the A. M. A., the same body that is trying to force the services of its members upon the American people, by law, through compulsory vaccination, typhoid injection, and similar tyrannical legislation.

There is nothing quite like this perpetual quarantine anywhere else on the face of the earth. Mr. Plotts concludes his letter as follows:

"It is interesting to note how fearful the steamship companies are of the A. M. A. They never dare protest against any discrimination. Of course the political doctors can subject them to much expense and annoyance. It would be interesting to know why the Pacific Coast and Gulf boards of trade dare not protest against this discrimination against American trade and travel.

"On every return trip from South America I meet a party of indignant travellers who say they intend to publish the facts about this quarantine in the States, but I have found that it is impossible to do so, as no publication of much circulation seems to care to tackle the subject. Perhaps the Los Angeles Chamber of Commerce might take it up."

Liberal theology presupposes a great belief, the belief, namely, that more truth is accessible to the human mind than any yet embodied in creed or symbol. There is no assumption that the creeds of the past and present are false, but simply that they cannot be adequate for all time.—Rev. T. Rhondda.

Epidemics

IN a paper read before the San Francisco County Medical Society, Dr. W. H. Kellogg, of San Francisco, said:

"The truth of the matter is that there are factors playing a part in the prevalence of infectious disease that we do not fully understand; otherwise we would not have those instances of subsidence of epidemics in the face of neglect of precautions by the authorities and of the spread of infections in spite of the most intelligent and vigorous opposition."

Just so. As I have frequently said, the whole theory of epidemics, contagion and infection is a medical superstition, more worthy of the Middle Ages than of the twentieth century. For instance, if anything is likely to carry infection, it is old paper money that has passed through thousands of hands and pockets, clean and unclean, including those of men suffering, more or less, from what are known as "infectious diseases," for people do not as readily burn currency as old clothes. Yet, in the Treasury Department at Washington, where clerks are constantly handling an enormous amount of old and filthy money, prior to its destruction, this has never produced disease among them.

Again, if diseases were conveyed in this manner, old rags would be one of the best transmitters. To test this theory, one should go to the rag houses of Alexandria, Egypt. The rags brought here are the cast-off clothing of natives, largely from interior districts, where some form of infectious disease almost always exists. Yet the British sanitary officers have never found the slightest evidence that any of the women and children engaged in handling these rags contracted disease.

As I have heretofore explained, the disappearance, or decrease, of such filth diseases as bubonic plague, cholera, typhoid, and small-pox, which formerly ravaged European communities, is not due to any expensive rat catching, or the injection of serums, but to a reform in the atrociously filthy habits that formerly prevailed—in other words, to inner and outer cleanliness.

Epidemic diseases, like all other diseases, come from within, not from without. When the blood is impure, through wrong building of the body by food, the resistance is lowered. Then, when atmospheric conditions are favorable, such men or animals, or plants will be subject to disease, in forms that vary under different atmospheric conditions. Those persons whose blood is pure have sufficient resistance, and are, consequently, immune. According to the amount of impurity in the blood is the severity of the disease, as when you burn a pile of rubbish, the fire will be great or small, according to the amount of combustible matter it contains.

In human beings the tendency to disease is increased by wrong mental attitudes, physical suffering and hardships. Thus, war is prolific in epidemics.

The prevention of epidemics is, therefore, a simple matter of cleanliness—inner and outer cleanliness—together with the cultivation of mental and physical poise and harmony. There is no other way. And for this we do not need a large and expensive army of professional rat killers, serum injectors and quarantine officials.

Women in Business

MRS. E. A. HODGKINS, described as an "efficiency expert," instructor and advisor of employees in Denver department stores, is quoted in a newspaper dispatch as follows:

"If I were the owner of a large store I would employ only men. Women have only their intuition to depend upon to succeed in the business world. They lack judgment and reasoning powers. They do a thing but cannot tell why they do it. Their inherent inability to give a reason when asked why prevents them from being as valuable to business as men. . . . Women never will deserve equal pay with men in business until they develop correct reasoning powers, and I fear that will not be for a long, long time—not perhaps, until a new race is developed."

This "expert" is altogether too sweeping in her remarks. She displays ignorance and prejudice rather than efficiency. We see women making a success in almost every line of business. Remember, also, that it is only a generation since they were kept secluded "within the pale," like the Jews, of whom I have written elsewhere.

As to "intuition," it is sometimes superior to reason. When in a tight corner, a man has often had cause to be thankful for the intuition of his wife.

However, I do not approve of the general entrance of women into the industrial world. It is bad for them, and bad for society. I would prefer to see a condition where men are able to earn enough to support their wives and daughters in comfort, the wife mistress of the home, where she belongs, and trainer of the coming generation, the most noble and sacred of all occupations. Selling ribbons is poor business, compared with forming the mind and body of a child. We are rapidly getting down to the European standard, where women and children have to help support the family.

There will, of course, always be many widows and lone women who must perforce support themselves, but that is another question. Even many of these would be better off in households, if they could find housewives who have enough sense to treat their employees like human beings, with human feelings and failings.

The sacred office of motherhood should always forbid any attempt to force women to compete freely with men, in occupations that menace not only the health of the mother, but of the unborn child. This has been recognized by a few enlightened European States, in which provision is made for women during the later period of pregnancy.

Voting is different. That does not interfere with a woman's household duties.

This evil grows on what it feeds, for every woman worker displaces a man, thus making it more difficult for men to support their families, and driving yet more women out into the world. An endless chain.

All this, however, is apart from the question whether women are efficient in business, which this woman "expert" denies, and I affirm. Of course, there are unsuccessful women. I have also heard of men who have failed in business.

Northern and Southern California

I LIVED five years in San Francisco, and have been in Los Angeles thirty years, so I know something about each part of the state. Southern and Northern California differ notably in scenery, climate and population. In the North they have natural wood and water. In the South, before Easterners came and planted eucalyptus groves and orchards, the stretch between Los Angeles and San Bernardino, in which are now located the flourishing settlements of Pomona, Ontario, and a dozen other places, was known as the "Sixty Mile Desert." We planted wood and dug for water.

Los Angeles and San Francisco are typical of Northern and Southern California. Los Angeles is no longer a California city. Of the 500,000 inhabitants, probably not 5000 were in Los Angeles thirty years ago. Our people set less store on personal liberty, while those of San Francisco set less store on political liberty. Los Angeles has more single homes than any city in the United States. The people of San Francisco live mainly in flats, owing to the squeezing up process due to their narrow peninsula, as in Manhattan. Consequently, there is more home life in Los Angeles, while in San Francisco they spend more time in the theatres and cafes.

The difference between San Francisco and Los Angeles has been neatly put by a writer, as follows:

"When a visitor has passed a few days or weeks in Los Angeles he is always asked how he likes the place, or at least the climate. In San Francisco he might stay a year and no person would think to make such an inquiry. The city is all right, and so it is only natural that you, being normal, should enjoy it. If you do not, and take occasion to say so, the city is not judged in the light of your disapproval, but you are. It is as if you spoke of the sky as brown or water as dry. San Francisco simply says—if it bothers about the thing at all, 'He is, metropolitically speaking, color blind—his senses are atrophied—he is *homo mortuarius*, a dead one.'"

There has been a change in the spring and early summer climate of Los Angeles, during the past thirty years. The climate is becoming more like that of San Francisco—without the winds—more cool and foggy in the morning. In former days we did not often find a fire comfortable on a June morning, or an unshaded seat in the sun pleasant in July. I attribute this, not to the incursion of "tenderfeet," but to the general planting of trees, in a previously treeless region. Trees greatly modify climates. It had never rained in Egypt until trees were planted along the Suez Canal. Many millions of trees have been planted in Southern California, during the past thirty years.

If we of the South had the natural resources of Northern California, and the North had our enterprising people, it would be a grander State than it is.

The differences between North and South have from time to time led to talk of state division. I do not think this is likely to come in the near future, although California would make two good states.

He is the best physician who knows the worthlessness of the most medicines.—Benjamin Franklin.

Cafeterias and Cabarets

TWO or three times I have been beguiled by friends into a cafeteria. Each time I have said: "Never again." I admit that the food is usually palatable and clean, and there is the advantage of seeing, in advance, what one is going to eat, but I am old-fashioned, and physically rather lazy, and prefer to sit down like a white man and be waited on, being also quite willing to bestow a reasonable tip for polite service.

The supposed cheapness of the cafeteria is much of a delusion, for those who want to eat a "square meal," as everything is charged for, while in ordinary restaurants, such "trimmings" as bread and butter, potatoes, black coffee and sometimes soup, are free.

However, judging from the long waiting lines, the cafeteria has come to stay. Even the vegetarian restaurants have become imitation "turkey trots," the guest playing the part of the turkey.

Then, at the other extreme, is the cabaret, with its noise and raising of invisible dust, to fall into your food. You often hear people say: "Let us go where we can have a quiet talk." I notice that in London and New York, there has come the inevitable reaction against this sort of thing. Restaurants are being opened that cater to those who wish to eat and converse. There may be soothing strains from an invisible stringed orchestra, a good accompaniment to a meal, with plenty of elbow room, hot plates, courteous waiters, and faultless table service.

This is a reversion to sanity. Such places are meeting with immediate and deserved success.

Earthquakes

IN June an earthquake shook down a number of buildings in the Imperial Valley, south of Los Angeles. Across the line, in Mexico, a few persons were killed by the falling of adobes, or unbaked bricks.

Easterners regard earthquakes with fear, because they are strange to them. Yet, more persons are killed east of the mountains, every year, by blizzards, tornadoes, sunstrokes, and lightning, than have been killed in California, by earthquakes, since the state was first settled by white men.

Geologists declare that Los Angeles is immune to severe earthquakes, because the foundation on which it rests is a natural cushion, consisting of several hundred feet of shale, resting on broken rocks.

It is because no man in a conspicuous position of the democratic world today is so entirely governed by principle and by moral sanctions that President Wilson is not merely the first citizen of the United States, but the first citizen of the world.—A. G. Gardiner, editor London News.

Money is a mental fertilizer, but like all fertilizers, can be spread on too thick.—J. H. Tilden, M.D.

Alcohol Control in Sweden

FROM one of the most drunken nations in Europe, Sweden has become one of the most sober. Fifty years ago a self-appointed commission was organized to investigate the alcohol traffic. With Scandinavian thoroughness, the commission took a year to prepare its report. This report emphasized the right of men to satisfy their appetites, while also affirming the right of governments to control the liquor traffic, when they threaten to interfere with the welfare of society. The result was the formation of a private corporation, in Gothenburg, to take over the traffic. Among the stockholders was the King of Sweden. Profits of the corporation were limited to five per cent, all profit above that percentage to be used for benevolent purposes, including schools, libraries, workmen's houses, vacation colonies, meals for school children, workmen's reading and waiting rooms, public concerts, and out-door music, houses for consumptives, children's hospitals, outdoor sports, sailors' homes, and parks, a large percentage to go to financing a campaign against alcohol. Thus, every time a man takes a drink in Sweden, he is aiding in fighting the liquor traffic.

In 1863, when Gothenburg had 30,000 population, there were 200 saloons. Now, with 190,000 population, there are 14. In these places only one drink of liquor is sold to a customer within 30 minutes. The nearest liquor establishment is half a mile away, so that a man will have a chance to sober up between drinks, if he walks from one to another. The saloons are severely plain, but clean. The barkeeper has to be a teetotaller. Over the bar are pictures, showing a drunkard's liver, and so forth, in place of the "Venus at the Bath," that you are likely to see in American "liquor emporiums." Then there are cheerful notices reading: "The drink you hold in your hand is poison," and so forth. The barkeeper is interested in the sale of soft drinks. An archway leads into the apartment where these are sold. Here everything is quite different. The room is comfortably furnished with rugs, easy chairs, tables and pictures. There are card and checker tables. Here are served tea, coffee, chocolate, and several kinds of soft drinks, including—note this—a light beer like American lager beer, which is less than half as strong as English ale. This is regarded as a temperance beverage. The fact being recognized that men in this strenuous age will partake of some kind of stimulant, they are encouraged to drink beer instead of spirits.

This system has been extended to all parts of Sweden and Norway, except in a few provinces, and in those they have total prohibition. The result has been that drunkenness in Sweden has decreased 55 per cent and crime 45 per cent. In 1874, 27 liters of liquor per capita were sold in Sweden; in 1909, 10½ liters. Before adoption of this system, there were 213 saloons to 100,000 inhabitants; now there are 84. Deaths from alcoholism have been reduced from 34 to 8 per 10,000 inhabitants.

The Swedes have many other good customs. For instance, physical education. Even the condemned criminal has to do his "stunts," up to the day of his execution. Then there are government pawn shops, tending to decrease vice, crime and drunkenness.

The Forestry Commission supplied last year \$13,250,000 worth of products, yet accumulated timber resources equal to twice that amount

in timber felled. Over the entrance to the University of Upsala is a legend from the Icelandic Eddas, which reads: "Free thinking is great; right thinking is greater." Swimming is compulsory in the schools of Sweden. In other words, every boy and girl in Sweden must learn to swim.

In no country, not even in the United States, do women exercise a wider influence, direct and indirect, in the home, the school, the church, and upon the platform. Sweden was the first country to recognize equal property rights for women.

Trousers

THIS year is the centennial not only of Waterloo, but also of trousers. In 1815 a London tailor walked down Bond street, in London, clad in odd, loose breeches. He created a great stir, was assaulted by a mob, and arrested for "indecenty." The Duke of Wellington, fresh from Waterloo, and a popular idol, was impressed with the great convenience of the new garment, and determined to popularize long trousers; so he had a pair made, and wore them to a ball. Despite his high standing, he was turned away with the announcement: "The guests at this ball must be dressed."

Perhaps, if a man should today walk down Broadway, in Los Angeles, clad in the knee breeches of our forefathers, he might also be arrested for "indecenty"—or, at least, for causing a crowd to gather. And if a woman should publicly wear the comfortable, hygienic, loose trousers of the Chinese and Persians, instead of tight fitting skirts, that impede movement, and outline the form, she would also probably run the risk of arrest for "indecenty."

It is certainly all very silly, to those who think. But then, how few think, except according to formula and tradition.

Small Business

A GIRL from the Basque country, between Spain and France, found herself in Los Angeles, about to become a mother. The father of the expected child was in France, fighting in the trenches. He had promised to marry her, when he returned. Some kind friends informed the local Federal authorities of her situation, while other kind friends hastened to tell her that she would probably be deported as an "undesirable alien." She said simply: "I see. It is best that I die. I will kill myself." A kind woman came and offered her a home.

It seems to me that this is pitifully small business for Uncle Sam to be engaged in. At least, so long as there are so many legal mothers, who deliberately kill their unborn children, in order to avoid the trouble of raising them.

I have never seen a woman who did not admire a reformed man more than she respected just a good man.—Corra Harris.

There are three topics over which all argument is futile—religion, war and prohibition.—George Pattullo.

Girls Who Drift

ONE of the products of this century of Unrest is a great number of half-baked girls, whom the onlooker finds it hard to place. They swarm on the streets, dressed in cheap imitations of prevailing styles, that might deceive the unsophisticated observer, until they open their mouths, when they exude shallow flippancy. Lacking the enterprise to become prostitutes, they also lack the ambition and ability to be respectable women. They are on the animal plane, without the animal's self sacrificing mother instinct. Their shallow minds are unable to conceive, much less to entertain a great passion. What they call "love" is an occasional outcropping of sex impulse.

Writing in the *California Outlook*, of the breeding places of these degenerates, William Allen White says:

"The world is being flooded with a horde of little, ignorant, rattle-pated hussies—potentially and actually—who have graduated from homes that are a disgrace to civilization, largely because the mothers are lazy. Because civilization has lightened certain burdens, women today are tempted more than in any previous civilization to shirk all burdens. Because food is largely prepared out of the home, and comes in cans and cartons, women today are prone to forget that after all the first raw preparation of food is not the final step in serving food. Cooking is as important an art today as ever in the economy of the home, even though the art has changed. Because the school teaches the child the three R's, certain mothers are forgetting that they have a God-given duty to teach their children the major virtues in the time that their grandmothers spent in teaching school topics. Lying and stealing and adultery rise out of the modern home, because women in that home are not using as they should use the time civilization has given them in the home, to teach children honesty and candor and purity."

Even a good mother can do little for a girl born with an entire lack of mental and moral fiber. Some girls are destined to go as far to the devil as their lack of energy permits. However, the mother can try. Then she has done her duty. Giving the girl a clean, healthy body is a long step toward morality.

Sometimes this type of girl drifts spasmodically into crime, and then shudderingly and sobbingly regrets it, while inviting maudlin sympathy of press and public. A young married woman of Los Angeles, graduate of a Missouri Sunday school, shot and killed a Japanese, who had been her lover for three years. Here is a description of her—and her type—by a *Times* reporter, who should be a novelist:

"She is of the loose type of woman, not morally in particular, but in the fabric of her being. Her sandy red hair is light and puffy, always floating about her head. Her face is full and her flesh soft, and her eyes are almost loosely set in their wide sockets. The nose is rather straight and not ill-shaped, but rounded into a fullness almost bulbous. And her mouth, where so much of a nature is expressed, is wide, irregular, with lips full almost to bursting. They do not protrude, but their red plumpness makes them peculiarly conspicuous. And she calls herself 'Maebelle.'

"Her body is the same—everywhere looseness and fullness, to which the word smartness can find no room for application. And her hands and her feet are big and irregular. Her appearance is that of

the mother of many, yet that experience has been denied her, at the cost of seven operations, performed by doctors who are to have a thorough investigation, now that their practice has been exposed."

This young woman said: "It's funny, isn't it, how men trust their wives, and how easy it is for a wife to mislead her husband." Yes; men who marry such girls are easily deceived. They are deceived when they marry them. Yet, strange to say, many men prefer these derelicts, drifting with the tide, to good, honest girls, who are willing and anxious to become wives, and mothers, and home-makers.

The Instalment Plan

THE instalment plan of purchasing has become popular of late years. You may nowadays buy almost anything on this plan, including houses, furniture, books and diamond rings. The plan has its drawbacks, as well as its advantages.

A pitiful case was recently reported in a Los Angeles paper, of a poor woman with a family, whose entire furnishing of her modest cottage was taken away, because \$6 remained to pay out of a bill of \$71. She had been sick and out of work, and could not meet the final payments. Then, when she went to inquire about it, she found that she would have to pay \$14 more for court costs. Fortunately, kind people came to her assistance, and helped her out of her trouble.

As I have said, the instalment plan of purchasing has its advantages, but it often tempts people to buy what they cannot afford to own, and sometimes what they cannot afford to pay for.

Diet Versus Affirmations

IN a sensible article in the Nautilus, the leading exponent of the "New Thought" cult, Paul Ellsworth rebukes metaphysicians who would ignore the importance of diet. Here is an extract from his article, that should be read by all who are afflicted with the "all is mind" superstition:

"Let me call your attention, in passing, to the extent to which we children of the twentieth century have eliminated our muscular work while at the same time we have added to our fuel supply. Our forefathers sawed wood and hewed logs and plowed the land, when they were not grubbing it free from stumps. We burn coal or gas; we buy our lumber ready sawed and dressed; few of us are farmers enough to know 'Gee' from 'Haw.' But our consumption of the high energy foods, sugar and starch, has increased with the ease and perfection of refining processes. Now, some New Thought people will tell you that all this talk about the proportions of various foods is out of place and unnecessary, but let me assure you that if you insist on keeping your fires stoked to their highest capacity and your boilers ready for a constant high peak of work which never comes to pass, all the affirmations in the world will not save you from the just consequences of your own foolishness."

A woman's ideal is the man she is in love with, for the time being.—Gertrude Atherton.

The Pursuit of Happiness

IN Chicago, in arguments against the Harrison Anti-Narcotic Law, attorneys claimed that it was unconstitutional, because it denies drug users the pursuit of happiness.

The use of habit-forming drugs is a devious road to happiness, and always leads to the Slough of Despond.

This legal plea brings up the question as to how far a state should be permitted to interfere with personal liberty. For instance, suicide is usually condemned as a crime. I maintain that, as man came into this world without his will or consent, he has a perfect right to leave it, whenever and however he pleases, provided that in doing so he does not leave others helpless, who are dependent upon him.

A line should be drawn where personal habits injure others. The intemperate use of drugs, including alcohol, causes people to do things that render them a menace, and an expense to society. Also, the over-eating of food causes dyspepsia and liver trouble, which render a man ill-tempered and vindictive, and has led to wars and massacres. The same is true of over-consumption of coffee. This does not mean that we should abolish alcohol or food or coffee.

This question of how far a man may be allowed to follow what he calls the "pursuit of happiness" is not altogether an easy one to solve.

The Kitten's Tail

WHO originated the story I do not know. It comes to me from Dr. Percy S. Grant, rector of the Church of the Ascension, as reported in the Outlook. But it is a good one.

A tender-hearted lady rushed to stroke and pat a stray kitten which had sought refuge in the house from the merciless street. But the more she petted the more the kitty writhed, meowed and spat. The lady could not understand the ungratefulness of the animal, until a bystander pointed out to her that while she was caressing the kitten's head she was all the while standing on its tail. . . .

Some day we are going to find out that what the world of common men want is not kindness, charity, philanthropy, and the like; they first want justice, a square deal, and the abolition of unearned privilege.

They do not want so much to be patted on the head; they want you to take your foot off their tail.—Frank Crane, M.D.

No wonder India has submitted to English tyranny under this dominion. The American people would never rise from control of trusts and monopolies did they believe in Karma; a theory of a primitive and early people who carried with it also the thought of transmigration of souls, which seems too repugnant to a twentieth century theosophist to teach. The sense of self-responsibility, the present most needed development, is hindered by all these theories, which are used as excuses for lack of self-control.—Henry Harrison Brown.

The mystery of the beginning of all things is insoluble by us, and I, for one, must be content to remain an agnostic.—Darwin.

Briefs

An Italian, visiting Los Angeles, said the three things that impressed him most in America were Liberty, Opportunity and Friendship. Three good words to conjure with.

An ex-Angeleno, living in Boston, says there is more culture in Los Angeles than in the Hub. Boston papers please comment.

Dr. Marion Thresher, of San Francisco, suggests that cooks be licensed. Not a bad idea. Cooks are more important than chiropodists.

The German government fears German Socialists more than foreign foes.

After the Thirty Years' War, when the population of Prussia was reduced 50 per cent, a law was passed permitting every man to have two wives. Will history repeat itself?

There is nothing new under the sun. An Egyptian explorer declares that "not until 1900 did man reapproach the mechanical skill of the Egyptians of 5000 years ago."

There are 150,000 church members in Los Angeles. How many of these are Christians?

A German organ of the S. P. C. A. complains of Belgian treatment of animals.

Following the abolition of vodka, in Russia, the people are consuming poisonous substitutes, and deaths from delerium tremens are rapidly increasing.

The war has practically narrowed down to a contest between England and Germany for control of the world's commerce.

Automobile accidents have become a daily feature in the papers. The total for a year in this country must be appalling.

In one county of Alabama there are said to be 10,000,000 orange trees planted.

Ragnar Berg says "We do not possess a complete and faultless analysis of any of our articles of nutriment."

Fourth of July casualties decreased from 466 in 1903 to 12 in 1914 and 19 in 1915. "Sanity" is worth while.

I sympathize with the Venice, Cal., apartment-house proprietor who caned the owner of a calliope.

The State Board of Education called for a 10,000 word history of California. Bids for writing it ranged from \$100 to \$4000.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Law and Morality

MAX HARDEN, editor of the Berlin paper, "Die Zukunft," and probably the most influential journalist in Germany, says America has both a legal and moral right to ship armament to the allies. I differ from him. As I recently said, such traffic is legal—Germany has done the same thing in previous wars—but not moral.

Nations, as well as individuals, are too prone nowadays to forget that an action may be strictly legal yet absolutely immoral. As, for instance, to foreclose a mortgage on a poor widow, or to ruin a man by a shrewd business deal. Shylock's demand was legal, notwithstanding the quibble of Portia, but it was immoral.

Gross injustice is daily perpetrated under the cloak of the law, even as fiendish cruelties have been practiced in the name of religion. In short, the difference between Law and Morality is often the difference between Right and Wrong. Law is mutable and fallible; morality is the same yesterday, today and forever. Law is complex, morality is simple. Morality is summed up in the Golden Rule.

Undesirable Alienists

IT is said that Thaw's family has spent nearly a million and a half dollars in trying to secure his freedom. A gold mine for lawyers and "medical experts."

In the latest trial the jury deliberated only three-quarters of an hour, and then unanimously declared Thaw to be sane. A significant sentence in a dispatch reads: "The jury completely ignored the testimony of alienists." Later the judge said: "The testimony of the paid experts of either side, in my estimation, is of no value."

The "medical expert," or "alienist," who testifies as he is paid, has become a bad joke. Like the fee splitter, he has been denounced at medical conventions and in medical journals, but he has persisted. Now, however, we may see his finish. For litigants will surely not pay out thousands of dollars for testimony that is ignored by a jury.

A newspaper writer, who emphasizes his platitudes in hysterical capitals and italics, tells us: "All that there is of you worth while is will power." That depends. "It is excellent to have a giant's strength, but it is tyrannous to use it like a giant."

Efficiency

WE hear much nowadays about efficiency. It is a good thing. It means developing the most that is in you, spiritually, mentally and physically. Some investigators claim that the average man does not develop more than fifty per cent. of the possibilities that are in him. Think what a change it would make if the efficiency of the world was doubled. This does not necessarily mean that the output of the world should be doubled. That would be a calamity. It would mean over-production, and large additions to the already too large ranks of the unemployed. It means, not necessarily more work, but better work.

Efficiency may be over-done. A human being is not a machine. Man needs rest and recuperation. Even a razor works better for an occasional rest. To attempt to key every man in a factory up to the speed of the most efficient worker, is bad—bad for the employer and for the employed.

There is something yet more important than efficiency. You may call it organization. I prefer to call it cooperation. Twenty men, only partially efficient, working in complete unison, can defeat a hundred efficient men who are pulling apart. With efficiency and cooperation you may conquer the world.

Anarchy

REFERRING to a desperate attempt of the shipping interests to secure a repeal of La Follette's Seamen's Law, that mitigates some of the hardships of a sailor's life—and incidentally provides greater safety for passengers—Harper's Weekly says:

"If private capital cannot build and run ships without degrading American labor, the United States government will do so."

Evidently, the editor of Harper's holds the anarchistic belief that life and happiness are more valuable and sacred than property. This heresy must be stamped out, or what is to become of "vested interests"?

Whenever a good man or woman ventures to express a doubt as to the wisdom of the total abolition of alcoholic beverages of all kinds, they are immediately denounced by intemperate fanatics, as "tools of the whisky element."

Has humanity progressed or retrograded? During the Agincourt campaign England ordered the punishment of death for destruction of property, unnecessary bloodshed and outrages on women.

The Newspaper Business

AT the meeting of the International Press Congress, in San Francisco, Peter McFarlane, of New York, said: "A newspaper takes a man in his juicy youth, and throws him out in his sapless age." This is more or less true, but it should not be true. As long as it is true, journalism will fail to attract to it many young men of character and ambition. "Old men for counsel; young men for war." Youth is necessary to rustle around for news; age, experience and observation are necessary to comment intelligently and impressively and convincingly on that news. If more old men were employed on newspapers the editorials would carry more weight.

The same speaker intimated that the object of a newspaper should be to give people what they want. A low ideal. Places that the police suppress do that. A newspaper should be something more than a convenience, an amusement, or a pander. It is because of this cynical attitude that the press, like the pulpit, has fallen from its high estate. With few honorable exceptions, newspapers increase in wealth while decreasing in influence.

The Clubable Man

NOT every man who is good and intelligent is a clubable man. A man distinguished for virtue and knowledge may be a bore. The clubable man must be broadminded, indulgent, ready to give as well as take, possessed of a sense of humor, and he must be a good listener. Good talkers are common, good listeners are scarce.

By the way, you should distinguish between a clubable man and a club man. The latter may or may not belong to the select class I describe.

Conscience and Remorse

"Good-by," I said to my Conscience—

"Good-by for aye and aye;"

And I put her hands off harshly,

And turned my face away:

And Conscience, smitten sorely,

Returned not from that day.

But a time came when my spirit

Grew weary of its pace:

And I cried, "Come back, my Conscience,

I long to see thy face;"

But Conscience cried, "I cannot,—

Remorse sits in my place."—Paul Lawrence Dunbar.

Brooklets

It is not true that Mlle. Smirski has consented to pose for moving pictures at a salary of \$100,000 a week.

* * *

The difference between America of the North and America of the South is the difference between "Do it now" and "Mañana."

* * *

It is almost as illogical to sell eggs by the dozen as it would be to sell potatoes in that way.

* * *

Do not say "common" sense. Sense is uncommon.

* * *

A pun is to humor what shoddy is to wool.

* * *

Give your enemy credit for his good qualities. Everyone has some good qualities; even you and I.

* * *

Dr. World diagnoses Miss Germania's ailment as Prussic acid poisoning.

* * *

The forest of Ardennes is witnessing a play of "As You Don't Like It."

* * *

One of the queerest developments of the everlasting alcohol controversy is the testimonial of a "temperance worker" to a brand of drug store whisky.

* * *

Why don't Burbank invent a seedless watermelon?

* * *

Last month the types made me say in this column, that "cheat" is an "absolute" word. So it is, but I wrote "obsolete."

* * *

If you aim at the moon, you won't hit it, but you will reach higher than if you aim at the roof of a house.

* * *

It is easier to avoid forming bad habits than to abandon them.

* * *

War is a satire on Christianity and a disgrace to civilization. I think I said that before, but it will bear repeating.

* * *

The common people are immensely in the majority. Wars will cease when the common people refuse to fight, not before. That is all there is to it.

Jewish Characteristics

Following are extracts from "The Conquering Jew" by John Foster Fraser. (Funk and Wagnalls Co., 354 Fourth Ave., New York; price \$1.50 net):

Though belonging to an ancient Orientalism, the Jews are amongst the most modern of races. They are exploiters of other people, and they are exploited. They have amongst them many of the richest men in the world, as undoubtedly they have millions of the poorest. They reach the extremes in generosity and meanness. They are grossly materialistic, and yet have taught the world much in idealism. There are more men of genius among a million Jews than among a million Gentiles, but also there are more idiots.

The Jews of Palestine, and the slim, cadaverous, ringleted Hebrews of Poland and Spain, more truly approach, or rather remain akin to, the progenitors of the race, so far as we can learn. Climate, food, environment, are swift factors in the make-up of the Jew. The Jew of the third generation, in England, shows English characteristics. The Jew of the second generation, in the United States, has not a trace of dreamy Orientalism about him; he is as spry and alert as any American of Western European ancestry.

It may be news, but investigation proves the truth, that the astounding rise of the United States is largely due to the Jews. Europeans have a habit of speaking about "American methods of business." What they really mean is Jewish methods of business, as developed in America. All the modern conditions of finance, for which America is famous, are Jewish in their inception.

Though always an adroit bargainer and money-maker, it is to be noted that not until comparatively recent times has the Jewish race produced men of intellect. The reason put forward is, that when the Jew was kept to his purely Talmudic culture, he made no intellectual progress whatever. It was only when he began to free himself from his old laws, to learn beneath the tree of modern knowledge, that he produced men of intellectual qualities. In the whole range of the arts, as well as in law and literature, the number of Jews is out of proportion to their number in the general population.

The Jew has no genuine love of Nature. Whether he ever had I do not know, but doubt it. Even if his ancestors had the most exquisite affection for the beauties of Nature, it has been atrophied by the way in which for centuries the Jews have been chivvied, penned in pales, compelled to live in towns.

One of the Jewish virtues, the close family affiliation—preferable to the hotel habit of family life—fosters other faults, besides bad manners. It serves to perpetuate objectionable idiosyncrasies and narrows the sympathies. Not all the lavishness with which the Jew contributes to charities can give him the true spirit of altruism, so long as his interest is so strongly centered in his family. Further, the Jewish adoration of the child makes it excessively self-conscious, and the result is a high-strung youngster, lacking in physical courage and with an overweening sense of self-importance.

Work has no terrors for them. No job is too mean or too ill-paid to begin with. The Jew is frugal and temperate. The American Jew sells whisky to the Gentile, but he does not drink it himself.

In America, so in other countries, the Jew is advancing and the Gentile is retreating. The Jew lands in America charged with vitality. He quickly comes under the influence of his new environment, and soon manifests more energy than the American himself. He becomes proud of being an American, and not so proud of being a Jew. The past is nothing to him; the future is everything. He will forget his fathers in the East, and very likely his grandchildren will deny there is any Jewish blood in their veins.

"There is in every Jew a secret power of metamorphosis which has often amazed me. The ease with which he transforms himself borders on the miraculous. . . . This is especially noticeable in the East, where his faculties have full play. Hardly more than one or two generations are necessary to transform the most greasy, the most abject Oriental Jew, into an Occidental—a Parisian. Beneath an exterior that often seems dull, he has the nimblest mind I know. He adapts and assimilates himself to everything. This is his ruling faculty, as M. Taine would say. Were he to be removed to another planet, he would soon feel himself at home there. This power of adaptation is of great consequence in all things. This insignificant Jew, to whom freedom is a recent gift, largely owes to it the place which he occupies in the world. The Jew adapts himself to everything; he is fitted for everything; he feels at ease everywhere; consequently he succeeds in everything."—Leroy-Beaulieu.

Over-eating Worse Than Over-drinking

MEN and women band themselves into societies and associations for the purpose of decreasing or doing away with the use of tobacco and alcoholic drinks. They advocate temperance and even abstinence in the use of those things which do not appeal to their own senses; but most of them are far from temperate in their eating. They have very keen vision when searching for weaknesses and faults in others, but are quite near-sighted regarding their own.

Is excessive indulgence in liquor any worse than over-eating? Not according to Nature's answer. The inebriate deteriorates and so does the glutton. Both cause race deterioration. Gluttony is more common than inebriety and is responsible for more ills. Gluttony is often the cause of the tea, coffee, alcohol and drug habits. Over-eating often causes so much irritation that food does not satisfy the cravings, and then drugs are used.

Improper eating, chiefly over-eating, causes most of the ills to which man is heir. If people would learn to be moderate in all things, disease and early death would be very rare.

It is quite important to combine foods properly, but the worst combinations of food, eaten in moderation, are harmless, as compared to the damage done by overeating of the best foods. Over-eating is with us from the cradle to the grave. It shortens our days and fills them with woe.—Dr. R. L. Alsaker in "Health and Efficiency."

If we knew as much of the human body as a garage man does about the automobile, we should never have to "try" a remedy, let alone a dozen.—William F. Waugh, M.D., in Medical World.

Seventy thousand Catholic Irishmen have joined Kitchener's army.

Grape Juice

WILLIAM BRYAN has done much to advertise grape juice. Manufacturers of the product could afford to pay him a large annual stipend.

Notwithstanding the fact that California is the greatest viticultural region of the United States, its grape juice cannot compete with that manufactured in the East, because we have too much sunshine, which causes too much sugar in the grapes, and that makes the juice too heavy, and lacking in the "snap" and tartness, found in the thinner juice, made from Concord grapes grown under cloudy Eastern skies.

As I have heretofore said, grape juice is less wholesome than claret. In those who have not exceptionally strong stomachs, it causes dyspepsia and flatulence, especially when swallowed with meals. The reason is plain. Most people swallow it as if it were water. One tumblerful of grape juice contains the nutriment of two pounds of grapes. Two pounds of grapes is a meal for a hard-working man. No wonder, therefore, that, as usually consumed, it often disagrees.

The best way to use grape juice is to take a third of a tumblerful of the juice, in two-thirds of a glass of soft water—distilled water, if your drinking water is not naturally soft—with the juice of half a lemon. Beat it up thoroughly. Of course you will use no ice, any more than you would in claret. Sip very slowly, "chewing" the liquid. In this way the drink will not disagree with you, nor will it taste sickly.

Passing of the Horse

NOW rapidly we move, now-a-days. Twenty years ago the automobile was a curiosity. Now it is seriously proposed to bar horses from the streets. I quote from a Los Angeles paper:

"The use of the automobile for all purposes of traffic has now amply demonstrated that the horse is no longer needful, and the day ought not to be far distant when he will be forbidden on our city thoroughfares. He is not only a menace to life and limb by reason of his peculiar temperament which impels him to run away on the slightest provocation, but he is moreover a nuisance and the chief cause of dirty streets. As a mere matter of cleanliness he ought to be abated, and his elimination as an outgrown factor of city life would prove in every respect a blessing and a profit."

Yet it will surprise many to learn that notwithstanding the automobile there are—or were before the war—five per cent more horses in the United States than in 1900.

The horse will still be kept by many for companionship and pleasure that cannot be got from a machine. I am specially glad to see auto-trucks supplanting horses. It pains a humane person to see willing animals struggling—sometimes under blows—to draw a heavy load up a grade. The Chicago Fire Department is now horseless. That is well. The fate of the faithful and intelligent old fire horse is a sad one. The shipping of horses to European battlefields, where their life is but a few weeks if they are not shattered by shell, is a crime.

I have proven often enough to convince any unprejudiced mind that smallpox is not contagious, and that the tendency of the disease is to be very light in inter-epidemic years.—J. H. Tilden, M.D.

Cereal Foods and Dyspepsia

THE use of imperfectly cooked cereals is without doubt responsible for a great share of the dyspepsia prevailing among Americans. Oatmeal porridge and similar preparations, unless most thoroughly cooked, are not wholesome foods, and when cream and sugar are added, there is a combination calculated to create a marked form of dyspepsia. Cereals must be cooked dry, in order to be thoroughly cooked. When prepared by dry cooking or toasting, they are well adapted to the human stomach, are easily digested, and in combination with fruits and nuts, constitute a good dietary. Cereals must not only be cooked dry, in order to be promptly digested, but they should also be eaten dry. Experiments show that an ounce of dry, well cooked cereal food, when well masticated, will produce two ounces of saliva; whereas mush, gruel, and other moist cereal foods cause the secretion of only a very small quantity of saliva—less than one-quarter of the amount produced by the same food in a dry state.—Upton Sinclair.

This is good advice, except that cereals should not be eaten with acid or sub-acid fruits.

Future of the Jew

IN all the history of his race the Jew never occupied so commanding a position in the world as he does today—so commanding that the Gentile sometimes shivers, when he marvels what will be the consequence. When the Gentile thinks—and does not put himself out of court in an explosion of exasperation against the Jewish wave of triumph—he is a little afraid. He admires the Jew, but he does not like him. He casts his eye round the commercial world and, reckoning by what the Jew has done, arrives at a swift conclusion of inevitability that the Jew must master the earth.

I have shown, however, that the modern Jew is as rapidly casting off his Judaism as opportunity will permit. So today the Jew, wrapped in the glory of world success, is really attending his own funeral. The more liberty he has, the more he commingles with other people, the less of a Jew he becomes.

Wide-read and watchful Jews are quite aware of what is going on. Some mourn, some shrug their shoulders, some are glad at the emancipation, which means they will go into the melting pot of humanity, and be valuable to the whole, though they will dissolve as a racial entity. Their death as a race is as certain as anything can be.—From "The Conquering Jew," by John Foster Fraser.

Suggestions to Salesmen

A SHREWD business man of my acquaintance repeatedly warns his clerks not to be over-zealous in making sales. He has discovered that if people buy things they really don't want, they are likely to be resentful and suspicious. On the other hand, if they buy what they really want, they will remember his store with satisfaction, and they will feel inclined to return.

It seems to me that this man has a good understanding of human psychology. By his shrewdness we might all profit. Most of us know from experience that it is likely to be unwise to make anyone do anything against his will.—John D. Barry.

Dyspepsia weakens the will; therefore dyspeptics are hard to cure, because they will not help themselves.

Camping in the Mountains

THE Los Angeles Playground Commission provides a two weeks' encampment in the San Bernardino Mountains, 75 miles from Los Angeles, for boys and girls of various ages, going separately, at various times with trustworthy guardians. Toward the end of the season the camp is thrown open to families for two weeks. There are forest trees and a stream of water. A score of tent cottages provide shelter. The charge is only \$7.50 for the two weeks, which amount includes transportation, board and lodging.

This is an excellent plan and might be indefinitely extended, not only in Los Angeles, but in other cities. It is sound philanthropy. It avoids the objectionable feature of "charity," costs little or nothing, and does much good.

Bashful Los Angeles

A NEW YORK man, who conducts what is said to be the largest hotel in the world, visited Los Angeles last month, and expressed surprise at the moderate prices of everything. He said our cafes and restaurants and hotels should charge more. Ahem! He also expressed surprise that Los Angeles does not advertise its advantages more. This, I need scarcely say, is news to Los Angeles people, who have so often been told that they are boomers of the worst kind. In fact, some Easterners seem to think that we live on "boost" and climate.

Holiness of War

FOLLOWING is an extract from an article by Dr. Werner Somhart, a liberal professor of Germany:

"Militarism is the German spirit.

"Militarism is the self-revelation of German heroism.

"Militarism is the heroic spirit raised to the spirit of war. It is Potsdam and Weimar in their highest combination. It is Faust and Zarathustra and Beethoven's score in the trenches.

"For even the Eroica and the Egmont overture are nothing but the truest militarism. And just because all virtues which lend such a high value to militarism are revealed to the fullest extent only in war, we who are filled with militarism regard war itself as something holy, as the holiest thing on earth."

Pulse Croquettes

SOAK over night 1 cup of dried peas and 1 pint of lentils. Cook slowly until tender, but not mushy. Drain. When cold run through a vegetable grinder with an onion and a small bunch of parsley. Mix well with a cup of bread crumbs, 2 eggs, and 4 tablespoonfuls of cream, seasoning to taste. If desired, add a little sage or savory. Shape into croquettes and brown in the oven.—Dr. Lindlahr's Nature Cure Cook Book.

The area of greater Los Angeles is now 288 square miles. The population is, therefore, about 2,000 to the square mile, or 3 to the acre.

Do not fail to look over that list of good books on health. In them you will find a liberal education on the care of the body.

Material for Ministration

FOLLOWING is a dispatch from Berlin:

"More than twenty lives have already been saved by a black collie dog belonging to an ambulance corps on the East Prussian battlefield. In peace times the animal is a humble watchdog in the railway station at Halle.

"The dark winter nights and the snow make the work of finding the wounded especially difficult, but since the ambulance parties began using dogs in their search, few wounded men have been overlooked. The dogs carry a red cross on both sides of their collar. As soon as night comes, generally the only time in which the wounded can be searched for, the leashes are slipped and the dogs are sent across the battlefields. Instead of barking when they find a wounded soldier, they bring back some article of the victim's equipment as a cap, helmet or glove. They are then put on the leash and they lead the ambulance men to the spot where the wounded soldier lies. In this manner hundreds have been saved on the different battlefields.

"At first some of the animals led the searchers to men already dead, but they learn with surprising rapidity to confine their attentions to the living."

Fewer and Better Babies

FOLLOWING is an extract from an annual address delivered in New York, by Dean Virginia C. Gildersleeve, of Barnard College:

"There is no longer need for such a high birth rate. In large families of former days many children did not survive infancy. Who that has ever known the tragedy of one of these brief lives can regret that changing conditions have at least partially done away with the fearful drain on women's vitality of bearing and losing children? Far better is it that they should perform their vital and precious service of perpetuating the race through a lower birth rate and the devotion of some of their energy to the reduction of the percentage of infant mortality."

For Men Over Forty

FOLLOWING advice, to men over 40 who would avoid diseases of degeneracy, is from a bulletin of the U. S. Public Health Service. It is more simple and sensible than one is accustomed to expect from that institution:

"Take daily exercise. Have a hobby that gets you out of doors. Walk for the sake of walking. Join a walking club and keep your weekly score of miles. Keep chickens, make a garden, wheel the baby or play golf or any other game, but take two hours' outdoor exercise each day. Gymnasium work is good for those who like it and can afford it, but avoid heavy athletics. You may not burn the family carriage, as Benjamin Franklin suggested, but at least, as he advised, walk, walk, walk."

In the time of William the Conqueror, in England, everybody had to put out fires and candles and go to bed at eight o'clock.

Fumigation for so-called infectious diseases, except smallpox, has been ordered abandoned, as useless, by the New York State Board of Health.

Of 200 would-be army recruits in New York recently, only 25 were accepted.

The Ancient and Honorable Artillery Company

I NOTICE from the dispatches that my old regiment, the Honorable Artillery Company, of London, has been distinguishing itself, killing German invaders of France in the trenches, and in their spare time exterminating predatory invaders of their underclothing, an altogether novel experience for these men, as the officers are "swells," and the rank and file is made up principally of the sons of well-to-do business men.

The Honorable Artillery Company is a unique military organization. It is the oldest regiment in England, dating from the time of Cromwell. The commissions of its officers are signed by the sovereign, whereas the commissions of officers in all other regiments are signed by the commander-in-chief. There are three divisions—infantry, cavalry, and artillery. They wore the same uniform as the regulars. Forty years ago, before my ideas on the wickedness and futility of war had crystallized, I was a "full private," and wore the red coat and heavy bear skin head covering of the grenadiers, not a comfortable clothing, even in England, and impossible in a hot country. Our main duties then were to act as a guard of honor at functions of royalty, and visiting magnates. The Prince of Wales is the hereditary honorary colonel of the regiment. Once a year he and his wife came to a ball in the handsome stone, castle-like armory, in the City Road.

Soon after the organization of the H. A. C. a branch was formed in Boston. The two organizations have exchanged several visits, across the water.

Syphilis

I AM demonstrating all the time that if there is not autotoxemia the disease syphilis cannot be evolved; that exposures to the disease are experienced many times oftener than infection takes place; and I stand ready to prove that the disease called syphilis can be created without coming in contact with the supposed infecting agent.—J. H. Tilden, N.D.

A Frequent Cause of Sterility

A FACTOR in sterility is abortions. So many times we hear a young married woman say, "I do not want a child the first year, but after that I would like one." In order to carry out her desires it is not uncommon for an abortion to be performed during the first few months. In many cases an inflammation follows this interference and the tubes become closed permanently. Then, when the woman is ready to have a child it is impossible. Girls about to enter marriage should be cognizant of this possibility, and not take any risks, for few women would do anything voluntarily that would condemn them to childless lives.—E. B. Lowry, M.D.

More than three-fourths of the phosphorus of the body is not in the brain, but in the bones.

Three-fourths of the negro population of California is in Los Angeles county.

"Hamburg" edgings are made in Switzerland, and "Panama" hats in South America.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

DIET AND CONSTIPATION.

You said recently that half the people of the United States suffer from constipation. You might safely have said 75 per cent.

Among the poor working people in the extreme south of Sweden, where I was raised, constipation was unknown. I believe that the freedom from costiveness was caused by their staple foods—coarse stale bread (like pumpernickel, but better baked), clabber milk, brown beans, yellow peas and home-made pure malt ale. The latter was very low in alcohol content, and non-intoxicating. It was called "svagdricka" (literally, weak drink.) We never drank water, tea or cocoa. Coffee was used to some extent, but it was too thin and weak to do any harm. The wells were only ten to fifteen feet deep, and the soil sandy loam, which was probably the reason we never drank water.

The South African diamond diggers, and their 2000 native laborers, were never troubled with constipation. Their "staff of life" was "mealie pap," a thick, stiff mush made of coarsely ground African corn meal. It made us "go to the bush" three or four times a day. No chance for the festive microbe to get a foothold in the intestines.

I believe that the only special virtue to be found in coarse rye bread, sour milk, beans and prunes is that they always keep the bowels open. So do apples and plums. Oranges make me costive, no matter how or when I eat them, but grapes, plums and apples act almost like pills. So does pork.—O' Simonson, Box 171, Long Beach, Cal.

IMPORTANT INSTRUCTION.

I am sending \$1.00 to renew **BRAIN AND BRAWN**. I wouldn't like to do without it. The instruction it gives is of the greatest importance, and the lack of such instruction often proves fatal.—W. E. Johnson, McLeansboro, Ill.

Back numbers of **BRAIN AND BRAWN** reached me. I certainly enjoy reading them, and admire your frankness. You tackle and handle subjects which others neglect, and in doing so you are ever driving the nail, and hitting it squarely on the head.—Dr. C. E. Markey, Dentist, 712 Central Building, Pasadena, Cal.

PREFERRED POSITION.

I subscribe to a number of other magazines, some of which arrive about the same time of the month as yours. Without wishing to flatter you, I may say that I always pick out **BRAIN AND BRAWN** and read it from one cover to the other before I look at any of the others, although some of the others are very interesting and valuable.—Frank J. Hart, Pres. Southern California Music Co., Los Angeles.

The Hygienic "T" Bandage, manufactured by the Naturopathic Publishing Company, is a valuable aid to health.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

CHEMISTRY OF FOOD AND NUTRITION; Henry C. Sherman, Ph.D.; The MacMillan Co., publishers, New York. For sale in Los Angeles by Otto Carqué, 1607 Magnolia Ave.; 355 pp.; price \$1.50, postage 15 cents.

The author is a professor of Columbia University, New York. The subjects discussed are as follows:

The Organic Foodstuffs; The General Composition of Foods and Action of Ferments; The Course of the Food Through the Digestive Tract; The Fate of the Foodstuffs in Metabolism; The Fuel Value of Food and the Energy Requirement of the Body; Conditions Affecting the Total Food Requirement; Protein Metabolism and the Protein Requirement; Food Habits and Dietary Standards; Iron in Food and its Functions in Nutrition; Inorganic Foodstuffs and the Mineral Metabolism; Criteria of Nutritive Value and Economy of Foods.

This book is notable for the fact that the author gives full prominence to the important subject of the mineral contents of foods, a subject, until recently, much neglected in books on diet. He shows that inorganic iron cannot be assimilated by the body, but must be obtained from the iron in natural foods. This—although he does not say so—upsets the entire theory of mineral drug medication. Strange to say, Professor Sherman does not seem to perceive that the same truth attaches to the use of the mineral, chloride of sodium, or table salt, found in foods in the shape of sodium and chlorine.

This is a valuable book for students of diet.

THE INTERVERTEBRAL FORAMINA IN MAN; Harold Swanberg; Chicago Scientific Pub. Co., 221 S. Ashland Boulevard, Chicago; 96 pp., 11 illustrations; price \$1.75.

This book is supplemental to one by the same author entitled "The Intervertebral Foramen," which I reviewed in April, 1914. The intervertebral foramina are apertures formed by the articulation of two contiguous vertebrae. They serve to transmit spinal nerves, arteries, veins and in all probability, lymphatics. They form the anatomical basis of several schools of mechanical medical practice. The book is entirely original. It should be of great value to those who specialize in treatment of the spine.

THE SIGN OF THE ARROWHEAD; booklet; Published by the San Pedro, Los Angeles & Salt Lake Railway.

This booklet contains Indian and Mormon legends, and other information in regard to this well known landmark of Southern California, on the southern slope of the San Bernardino Mountains. The origin of the Arrowhead is unknown. It is 1375 feet long, 449 feet wide, comprising $7\frac{1}{2}$ acres. The material is mostly white quartz and light gray granite, supporting a growth of short white sage and weeds.

Copies of the booklet may be obtained from any agent of the Salt Lake Route.

GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore, allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

HOME CYCLOPEDIA OF MEDICAL, SOCIAL AND SEXUAL SCIENCE; Edward B. Foote
M.D. 1250 pp. many illustrations..... \$2.00

Four books in one volume. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.

ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D., 360 pp..... \$1.85

This is one of the very best books I know on diet and general health measures.

WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp..... \$0.85

The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.

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An eminently sound book on the care of the body in health and disease, with especial reference to diet.

**Address Orders to BRAIN AND BRAWN, Chamber of
Commerce Building, Los Angeles, Cal.**

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

BRIGHT'S DISEASE.

S. R. T.—Yes, Bright's disease may be cured, unless it is altogether too far advanced, and even then, the life of the patient may be greatly prolonged, by natural methods.

Bright's disease is one of the diseases of civilization, that have increased greatly during the past quarter of a century. It is due to wrong diet, and consequent accumulation of foulness in the blood and colon, which poisons the system, and over-taxes the kidneys.

When the first symptoms of the disease appear—slight morning headache, weakness on rising, lassitude, irregular heart action, slight looseness of the bowels, and little bags under the eyes—it is time for you to look out, and to seriously consider how you are mistreating your body by wrong eating. Also, elimination must be increased, through skin, bowels, lungs and liver, and the overworked kidneys thus relieved.

The New York Medical Journal recently admitted that in Bright's disease it is necessary not only to abandon alcohol, but also much protein, saying that the average American consumes three times as much protein as he needs. Meat is the chief source of protein, although of course you may get too much of it in peas, beans, eggs, cheese, etc. This surplus of protein creates powerful toxins, that accumulate in the colon, and poison the blood. To attempt to get rid of them by drinking Bulgarian buttermilk, while you are still daily putting them in, is the height of folly.

A common mistake is to look upon most cases of Bright's disease as being organic—which practically means that they are incurable. This is wrong; for the incurable cases are very, very rare, if treated naturally or rationally. This is equally true of kidney disease which accompanies or follows scarlet fever, and other diseases.

Backache never means kidney trouble. It means muscular pain, that's all. Of course, you may have backache at the same time that you happen to have kidney trouble, just as you may have a cold-sore when you want to look your best. A sensible medical man writes:

"The presence of albumin in the urine is always looked upon as a grave symptom, and will make insurance companies reject applicants who seem otherwise most healthy. However, 'albumin in the urine' does not always come from kidney disease, nor does it always mean serious trouble when coming from impaired kidney function. My experience has been that chronic albuminuria (Bright's disease) is usually a very mild derangement of the chemical functions taking place between the chemic species (or chemical compounds) contained in the serum and lymph outside of the cells, and the serum and lymph inside of the cells—of the entire body, and not particularly of the kidneys. The habit of blaming the kidneys for what you and all your other organs are to blame, and the habit of treating your kidneys for what you and all your other organs should be treated, are rather responsible for the prevalence and chronicity of Bright's disease, or albuminuria. When, to the poisons which stagnate within as well as on all sides of the kidney-cells, a physician or the patient adds all kinds of unnatural or irritating and stimulating medicines, it is not strange that eventually the kidney-tissue proper

becomes organically impaired and death ensues through blood-vessel degeneration, or heart-disease, or uremia, or dropsy."

If you are willing to deny yourself, and regulate your diet, you can be cured. Otherwise, you would better arrange your affairs, and prepare for the end.

AFTER-EFFECTS OF OPERATIONS.

I often get a slight pain in my abdomen, enough to cause distress. My face is somewhat yellow. In my younger days I had a good color. Nine years ago I was operated upon for appendicitis. Do you suppose that that is the cause of my condition?—Charles Muller, Exposition Grounds, San Francisco, Cal.

The after-effects of unnecessary surgical operations are always harmful, although such effects sometimes do not show themselves for years. See what I said on this subject in the July number.

Not one operation in a hundred, for appendicitis, is necessary. What is called appendicitis, is inflammation of the lower bowel. It can always be cured promptly and safely by fasting, and thorough cleansing of the colon, by injections of tepid water, with fomentations to allay any pain.

SPOTS BEFORE THE EYES.

In your July number, under the head of Answers to Correspondents, replying to an inquiry as to the cause of specks and webs floating before the eyes, you say that these manifestations are due either to a morbid condition of the liver, or of the nervous system—sometimes of both. You are mistaken. They are an indication of a nasal catarrh of long standing.—P. P., Riverside, Cal.

Not I, but this correspondent is mistaken. There are thousands of people who never had nasal catarrh, yet are affected in this way. Persons whose eyes and head are healthy are often annoyed with floating specks. They are, in most cases, due to congestion of the liver. The cure is to improve the general health of the patient. A "T" Bandage should be worn at night. Condiments, butter, fat meats, tea, coffee, tobacco and alcoholic liquors must be avoided. Meantime, massage and cold water should be applied, locally, to the eyes. Also, avoid, as much as possible, reading small print by electric light, and frequent visits to moving picture shows, especially where the films are not perfect.

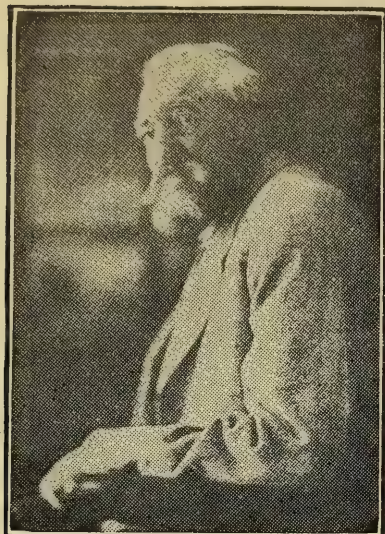
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Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook N.D.

The Healing Art

Nature, Not the Physician, Cures.—
Hippocrates.

IN UNION IS STRENGTH.

Following communication has been received from William F. Havard, acting secretary of the Eclectic College of Physiological Therapeutics, 1553 W. Madison Street, Chicago:

United effort on the part of all Natural (Drugless) physicians, schools and societies has never been so imperative as at present. This subject has been reviewed for you so often and presented from every conceivable angle that I shall not go into details on this any further than to tell you why you have not acted upon the suggestions of the men who have tried so earnestly to bring you together.

We might sum it up in two words—fear and distrust. In the first place, loyalty to school and system plays a great part. Everyone should be loyal to his own or his adopted principles, but not to the extent to blind himself to the need of protection. Loyalty is a beautiful thing and so scarce that he who would desire to rob one of it has criminal instincts. Keep your loyalty to that in which you have faith and extend the same privilege to others. However it need not interfere to the extent of preventing you from associating yourself together with others for purely protective purposes, or for the purpose of gaining greater rights for yourself and others.

Fear and distrust have been the greatest factors in keeping us apart. We fear to unite because by so doing the other fellow might get an equal chance with us. Because he does not agree with us in principle we do not want him to participate in that glory which might be ours alone. Here we acknowledge that he might have something good and that which the public might accept more readily than what we have to offer. Consequently we fear him. We therefore deny him the right of honest competition. Of course excellent examples are set us in this respect and the country is rotten with the methods of big business destroying honest competition, but we are supposed to occupy a high plane of moral perfection. We set ourselves up as teachers and propose to guide the sick minds as well as bodies to a fuller appreciation of moral laws and then we show our hand in a manner that leaves no room to doubt our supreme egotism and selfishness.

Again, we distrust the motives of every earnest individual who has endeavored to bring us together on a plane of mutual understanding. We will not trust the management of a union to a set of individuals who may be interested in the promotion of some particular society. Why not make it a mutual business proposition, managed and run on business principles? Here comes the proposition:

We propose to form a Federation of Drugless Societies. It shall have no individual membership. Each society already formed or which shall in the future be formed shall be represented in the Federation by delegates of its own choosing. There shall be two houses of delegates—(a) a general representation according to membership, (b) a select representation composed of one member from each society. An annual election of officers from the general membership. The Federation shall be supported by contribution, by the sale and publication of books, journals, etc. The purpose and object of such Federation shall be to further the cause of Drugless Healing in all its branches, to secure the repeal of unjust laws and to secure just and uniform legislation in each State that will permit of reciprocity.

The only way in which the A. M. A. has succeeded in establishing uniform legislation for medicine to suit its own degrading purposes has been through a strong central organization. That which can be accomplished for an unjust cause and an unrighteous purpose should be more readily accomplished where the motive is pure. It is hoped that this plan of union will overcome all existing objections on the part of the advocates of the various schools of Drugless Healing. For further details we ask the secretary of every society to communicate with us.

EVER-CHANGING MEDICAL FADS.

Following is from the California State Journal of Medicine:

“The whole range of medical activity is so great and specialization both in research and in practice has so extended the general store of knowledge that very few of us can say with any degree of certainty what is the present day status of those things in medicine which do not come within our own limited range of work and interest. There are many cancer commissions and research laboratories; what is the word today on that subject? What is the trend of thought as to the causation of cancer? Has there been any material

advance lately in the treatment of epilepsy, or measles or scarlet fever? It has been suggested that these are subjects which would be of interest to all of us, if a summary of today's knowledge, put authoritatively and concisely, could be placed before us. The Journal is planning to do this and to publish from month to month short articles on various phases of medicine, giving the present day status of each particular thing. We will be delighted to receive suggestions. What are the topics which would most interest you? What is there that you would especially like to know about? It is immaterial whether there has been progress or not, so that the truth about things today be known. Send in your suggestions or comments and we will be glad to take them up for consideration."

Rational healers do not have to concern themselves with the ever-changing fads and fancies of "medical science." They stick to the dictum of Hippocrates, "Nature, not the physician, cures," and they achieve success in cases that have been given up as hopeless by the drugging fraternity.

CHIROPRACTIC.

Those who take chiropractic treatments should exercise great care in selecting a practitioner who is experienced and capable. Treatments given by those who lack these qualities, may easily result in serious harm. In saying this, I do not speak from hearsay, but from actual experience. Several cases of injury due to inexperienced chiropractic operations have been brought to my attention during the past year. Some misguided people seem to be under the impression that chiropractic can be learned in a few months. They are greatly mistaken.

THE INTERNATIONAL BRIEF.

No. 7, Vol. 12, of the "International Brief," has been received. It is the official organ of the International Alliance of Physicians and Surgeons, is edited and published by Dr. C. F. Conrad, a "rational physician," of 110 W. 90th St., New York. "The Brief is sent to members of the Alliance gratis, whenever it is published."

The Neuropathic Institute (Los Angeles) has been incorporated. Incorporators, A. P. Davis, Rex A. Crider, R. J. Meenan, Susie Crider and Ira L. Brunk. Capital stock, \$50,000.

FASHIONS IN DRUGS.

The new edition of the British Pharmacopoeia is an event of great importance to the medical profession. The last edition, we are told, discards over 160 drugs. Many thus discarded are such harmless substances as sarsaparilla, dandelion, musk and elder flower water. On the other hand 43 new drugs are added, most of them dangerous products of coal tar, that often produce sudden death.

It will not be many years until the entire superstition of healing diseases by the swallowing of drug poisons will be looked back upon as a remarkable instance of credulity in what is called an enlightened age.

POST-GRADUATE COURSE.

R. G. Schroth, M.D., of Chicago, conducts a post-graduate course to prepare both drugless and medical doctors for various state board examinations. The examinations, as a rule, are too difficult for the ordinary man to pass without some additional instructions. Dr. Schroth's course lasts about 30 days, and begins about a month preceding each Illinois State Board examination. He claims that his system of teaching enables him to give enough extra knowledge to students in 30 days' time. He also has a mail course, using for the purpose carefully prepared booklets and written examinations.

A BLIND OSTEOPATH.

There is a blind osteopath in Los Angeles. In some respects, blindness is not a drawback, but an advantage, to an osteopath. In her wonderful way, nature compensates everything. Thus, the sense of touch in the blind is much more acute than in those blessed with eyesight. In Japan all the massage is done by blind men.

CALIFORNIA ANTI-VIVISECTION SOCIETY

This worthy organization is prevented, by lack of funds, from doing what it should and would do. If you are a friend of dumb animals, as well as humanity, send a contribution, however small. It will be accounted for, and will be acknowledged here from month to month.

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SMALL GAME.

An aged Mexican who does not speak English, was given a suspended sentence today of 150 days in jail at San Pedro, Cal., on condition that he refrain from practicing medicine among the poorer Mexicans. Espenoso alleges that his fame as a Mexican medicine man extends from Monterey to Old Mexico and that his father and his grandfather as well as himself have made wonderful cures.

Complaint was made by a local physician that a little Mexican girl recently died as a result of his treatment and the State Medical Association prosecuted the case.

The political doctors are not overlooking the smallest game. How little harm can this old herb doctor have done in comparison with those who prescribe drugs containing deadly poisons, and inject animal filth into the blood? It is only a few months since eight people died suddenly in the County Hospital from such an injection. As to death following a treatment, I have heard—and so, doubtless, have you, dear reader—of deaths following cases that were attended by half a dozen most eminent members of the regular medical fraternity.

Hittell, the historian, says there were no doctors in California before 1842. And the people were much healthier and much happier.

SMALLPOX.

Following is from a monthly report of the State Board of Health:

"Smallpox showed a decrease during March. There were but forty-four cases reported during the month, while during February there were seventy-nine cases. The outbreak in Imperial County continues and a few cases are still reported from San Bernardino County. Neither of these outbreaks are out of bounds, however. Of the forty-four cases reported during March, twenty-nine had never been vaccinated successfully, nine had been vaccinated more than seven years preceding attack and one had been vaccinated within seven years immediately preceding attack. No vaccination histories were obtainable for five cases."

From this it will be seen that of 44 cases of smallpox, 39 had been vaccinated, and the remaining five may have been vaccinated. As to "successful"

AN OPENING

An opportunity is offered for an efficient nurse, cook, housekeeper or manager, willing to work, either to take an interest in a naturopathic sanatorium established nearly 15 years, or to take over, on her own account, the boarding and sick room departments. A good chance to make money. The proprietor is too busy with patients to look after these departments. Amount required from \$2500 to \$3000. Part might be paid in installments.

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FOOD CHEMISTRY

The Science of Food Selection, is the title of my little booklet, explaining my system of treating disease and rebuilding the human body by proper food, scientifically selected, proportioned and combined, to suit the various conditions of age, climate and work. This science is founded upon the theory that disease is the result of a deficiency of certain chemical elements in the body, caused by wrong foods and wrong combinations thereof, and can be cured only by balancing the diet, to supply the needed elements, thus restoring the body equilibrium. Booklet explaining all sent free for two cent stamp, to cover cost of mailing.

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vaccination, we know that whenever a vaccinated person gets smallpox, we are told that the operation had not been "successful."

As I have said heretofore, vaccination causes far more deaths every year in America, than smallpox.

ANOTHER TUBERCULOSIS CURE.

At the convention of the National Eclectic Medical Association, in San Francisco, Dr. H. L. Henderson, formerly mayor of Astoria, now a practicing physician of that city, in a paper read by him entitled "Tuberculosis Conquered," asserted that he had discovered a remedy for tuberculosis that has resulted in the cure of 95 per cent. of his tuberculous patients.

This assertion is, on the face of it, criminally and cruelly misleading. It is not surprising that it caused a heated argument, Dr. E. B. Shewman, of Cincinnati, declaring that he had tried the same remedy, with the result that 95 per cent of his patients died.

The "remedy," as described by Dr. Henderson, is a combination of salicylic acid and guaiacol.

TO REGULATE DOCTORS.

While the "regulars" are persecuting and prosecuting worthy natural healers, it is about time for the public to wake up to the necessity of regulating the "regulars." Here is a suggestion from one of the leading papers of the United States:

"Recently a famous artist was told by a learned doctor that his child must have an operation for appendicitis.

"The child had the operation at once. While it was going on, another doctor said: 'The child hasn't got appendicitis. She has scarlet fever.' That proved to be the case. The child was sewed up and survived—in spite of doctors.

"All harmful medicines should be eliminated and forbidden by the national government in every state.

"It is also a fact that DOCTORS SHOULD BE FORBIDDEN TO PRESCRIBE POISON AS THEY CHOOSE AND WITHOUT THE KNOWLEDGE OF THE PATIENT.

"Every prescription should be written in plain English.

"Every doctor engaged in prescribing cocaine, morphine or opium to oblige a patient should be put in jail like any ordinary, miserable druggist carrying on the trade."

GOOD SUGGESTIONS

Hester L. Abbott, D.O., has published a neatly printed booklet of 48 pages, entitled "Suggestions; which, if followed, will aid in recovering and maintaining health." Among other things, the author discusses diet, care of the feet, elimination, exercise, and the hair. Under the head of diet she emphasizes the importance of eating few foods at a meal or still better, eating only one thing at a time. Price 75c.—Brain and Brawn.

Address Dr. Hester L. Abbott, 712 Union Oil Bldg., Los Angeles.

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Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

A REST HOME.

Mount Ecclesia, at Oceanside, on the coast of San Diego county, offers, at a very moderate price, rest for the mind and body, with a fleshless dietary.

FOOD CHEMISTRY.

C. E. Harris, F.S.D., of St. Louis, has written a booklet entitled "The Science of Food Selection," which he offers to send to those who enclose a two cent stamp.

BANANA FOODS.

In this country we regard the banana merely as a luxury. In some countries it takes the place of bread. Write to the Carqué Pure Food Company, for descriptive circulars and price lists of banana food products.

GOOD SUGGESTIONS.

Dr. Hester Abbott has on hand a limited number of copies of her booklet, which I mentioned in the June number. She offers them for sale at 75 cents per copy.

HEALTH FOODS.

All who are interested in the subject of health foods should not fail to drop in at Van Houten's on Hill Street. He keeps a complete assortment of wholesome, appetizing and nourishing foods and food preparations, several of them put up under his personal supervision, in his "chemically pure" shop.

SONOMA COUNTY SANATORIUM.

Dr. Burke has returned to the sanatorium in Sonoma County bearing his name. He has received many letters from friends all over the state. This

PROSPECTIVE STUDENTS: We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Therapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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month he will resume publication of his magazine "Your Health," which he edited for a number of years. Readers of BRAIN AND BRAWN residing in Northern California, or those of Southern California who are attending the Exposition, should visit this old established health resort.

AN OPENING.

A chance for a nurse, housekeeper, or skilled cook, to secure an interest in a well-established sanatorium, is advertised in this number.

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We give five yearly subscriptions for \$3. We will mail you BRAIN AND BRAWN for three months for 30c.

Look over the list of back numbers and select what you want, while they are yet to be had.

In the list of good books, on another page, you will find a liberal education on the care of the body.

We want, everywhere, reliable persons to take subscriptions for BRAIN AND BRAWN. Easy work and good commission.

LAW ENFORCEMENT.

"What are they moving that church for?"

"Well, stranger, I'm the mayor of these diggin's, an' I'm fer law enforcement. We've got an ordinance what says no saloon shall be nearer than 300 feet from a church. I give 'em three days to move the church."—Students' Helper.

MODEST.

The Magistrate (about to commit for trial:) "You certainly effected the robbery in a remarkably ingenious way; in fact, with quite exceptional cunning—"

The Prisoner: "Now, yer Honor, no flattery, please; no flattery, I begs yer."—Sketch.

CABBAGE AND GRASS.

A certain woman was proposed to again and again by a vegetarian widower. At last she grew angry. "What! be bone of your bone and flesh of your flesh, and you living on cabbage? You go and marry a grass widow!"—Exchange.

EVERLASTING JOY

IF we eat cooked or meat foods at any time of day it produces spores in place of cells. When we get up the next morning our appetite will trouble us unless we eat an early breakfast of the same spore producing foods. Spores are of numerous varieties and sizes, so they are developing at all times of the day. Spores destroy mind and reason, because they have no liquid for them to exist in, and we are drawn away from correct habits. Cells are produced between 9 and 11 o'clock and a few bites of living vegetable food will produce instant mind power which says, "Close up the cupboard and wait until the proper mealtime."

Strong, active cells are produced when there is the greatest power in the sun's rays and the greatest moisture in the air. If we have eaten foods which are produced by sunpower we will desire our meals at that time of day when cells are being formed and not at other times. It is the drying out of the cells and the turning to the producing of spores that causes the appetite and this is a vegetable hunger but the other hunger is gas. If we eat cell producing food at 11 o'clock today we will not feel hungry until 11 o'clock tomorrow.

Cells are produced at a temperature of about 60 degrees, while spores are produced above 68 or below 52 degrees. If the temperature is 60 and there is lack of moisture it affects the cells as though the temperature was up to 85 or 90 degrees. Temperature and humidity work together in the production of cells. Artificial foods have their temperature and moisture unbalanced, or disassociated and all kinds of spores that may be obtained from the air are mixed up with our food.

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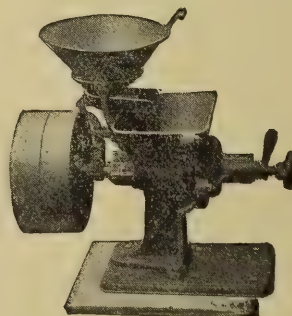
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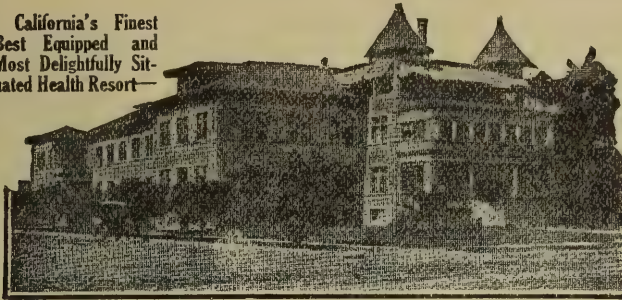
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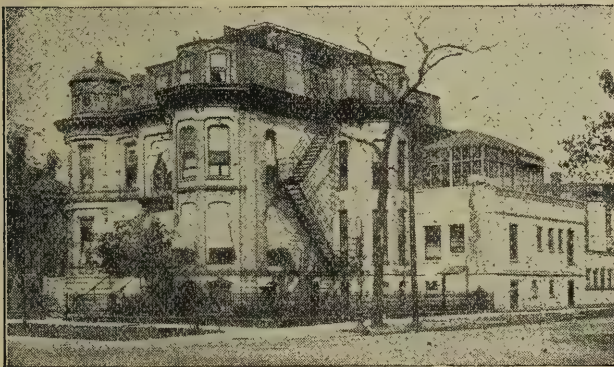
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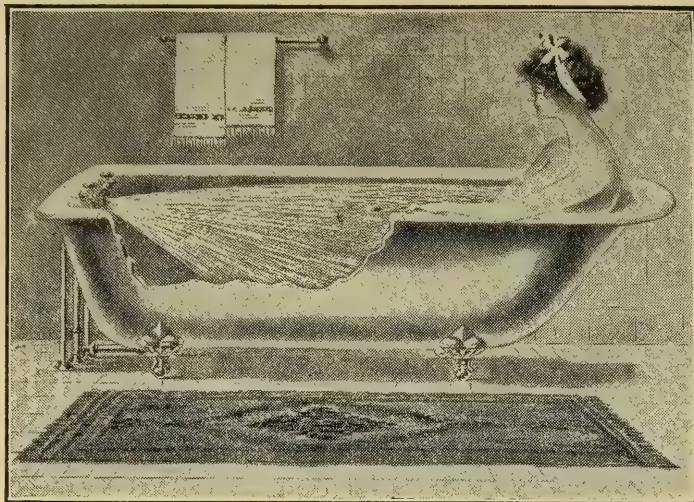
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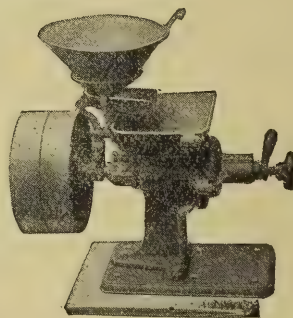
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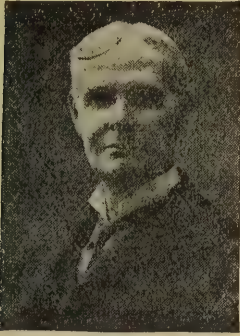
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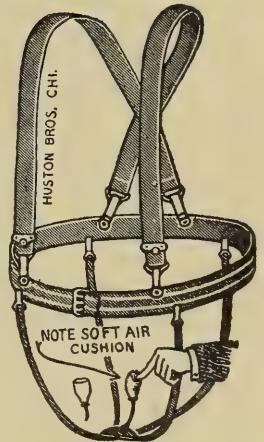
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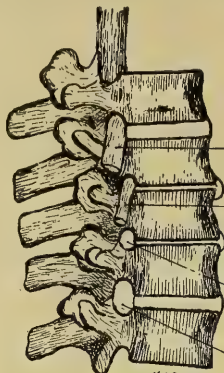
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Vol. IV

LOS ANGELES, SEPTEMBER, 1915

No. 4

The Sabbath and the Second Coming

LAST month there was a big annual encampment of Seventh Day Adventists in Los Angeles. There were several hundred tents, and thousands of the faithful in attendance. At present there is another encampment under way, at Huntington Beach, near Los Angeles, and a great many others are scattered over the country.

The Seventh Day Adventist Church is young among the religious sects. Only a few months ago an old lady died at the St. Helena Sanatorium, in Northern California, who was regarded as the founder of the sect. She was not, however, the original founder. That was William Miller, born in 1781, at Pittsfield, Mass. He was a man of imperfect education, who served in the war of 1812. In 1833 he began to lecture on the Millennium, asserting that the second coming of Christ would take place in about ten years. In 1840 a semi-monthly journal "The Signs of the Times," was started by one of his followers. In 1843, 50,000 believers awaited Christ's coming, on a certain day. They gave away their property, and when the day approached assumed their white robes. Of course, nothing happened. From that time the leaders of the sect have been careful to fix no definite date, but say that it will happen "soon." Miller died in 1849.

However, the doctrine of the Millennium is as old as the Christian religion. The early Christians looked for Jesus to reappear during their lifetime, this to be followed by his glorious reign on earth. In fact, they expected him every day. This expectation was a prominent feature of the early proclamation of the Gospel, and materially contributed to its success. After sleeping, the belief was revived in the fifteenth century, by the Anabaptists, who also taught that the Pope was the Anti-Christ of the Scriptures, an opinion still held by the Seventh Day Adventists, some of whom firmly believe that the cellars of Roman Catholic churches are filled with rifles and ammunition.

Believers in this second coming point to every unusual happening as signs of the approaching event, as predicted in the Bible. Wars, and rumors of wars, and famines, and pestilences, and even sunspots are interpreted in this manner. The present war gives them an opportunity, which, of course, they are not neglecting, to point to the Armageddon of the Scriptures, to be followed by the abandonment of Jerusalem by the Turks. At present Turkish soldiers have to keep Christian sects from killing each other in the Holy Sepulcher. Then comes the appearance of Jesus in the heavens, with all his angels. According to a statement made by one of the elders, in Los Angeles, a few weeks ago, these are more numerous than the inhabitants of the earth, or say, more than 1,800,000,000 in number. That would make quite a large crowd.

The Seventh Day Adventists have two other main tenets: the keep-

ing holy of the Jewish Sabbath, or Saturday, and vegetarianism. It is true that there is no authority whatever in the Bible for the changing of the holy day from Saturday to Sunday—a change made by Emperor Constantine—but, on the other hand, Jesus said “the Sabbath was made for man, not man for the Sabbath.” As to vegetarianism, I cannot understand how those who adhere to the Sabbatarian religion, can reconcile their vegetarian rules with the doctrines of the Old Testament, that fairly reeks with bloodshed, in the form of the worship of Jehovah.

One of the secrets of the phenomenal success of the Seventh Day Adventists is that the leaders exact tithes, or a tenth of the income, from every member. In addition to this, “voluntary” contributions are frequently called for. The aggregate sum raised must be very large, indeed. They print books in 86 languages, and claim to have sold, last year, books and pamphlets to the value of \$2,000,000. The management of the Adventist Church is as much of a “close corporation” as that of the Mormons, the Christian Scientists and the Salvation Army.

Another secret of the growth of this movement is that, unlike the Christian Scientists, its adherents are ardent proselytizers. You can scarcely talk with one of them for ten minutes before he or she will hand you a tract, and try to convert you. Devout Adventists read only the Bible and Adventist literature.

The headquarters of the movement is at Tacoma Park, Washington, D. C., where is published a monthly called “Life and Health.” It strongly denounces those who indulge in flesh foods, while stoutly advocating vaccination.

Adventists send medical missionaries all over the world, thus caring for the bodies as well as the souls of the “heathen,” an excellent idea. There is a training school for medical missionaries at San Fernando, in Los Angeles County.

Another feature of the Seventh Day Adventist movement, is the maintaining of sanatoria, in various parts of the United States, and foreign countries, in which excellent rational, hygienic treatments are given, including hydrotherapy and massage. There are three of these sanatoria in Southern California—at Glendale, in Los Angeles County, Loma Linda, San Bernardino County, and Paradise Valley, in San Diego County. These places are all patterned after the big Battle Creek Sanatorium, in Michigan, founded by the Adventists. Some years ago Dr. Kellogg broke away from them, being dissatisfied with their methods. He is now a “heretic.” The large sanatorium at Long Beach is also “independent of the trust.”

They have also vegetarian restaurants, that close promptly at sunset on Friday, and do not reopen until Sunday morning. The helpers in their institutions work for little, being mostly religious enthusiasts and students. At the sanatoria they use few drugs, but like to keep “ethical,” and I am told that they will not hire any physician who does not believe in operations, because operations are profitable. This is good for business, but bad for the patient.

Those who are interested in watching the spread of religious sects, should keep their eyes on the Seventh Day Adventists.

A Diagnosis and a Prescription

EMPEROR WILLIAM of Germany is variously described as a demon or a demigod. He is neither. A devilish man—a man without good qualities—could not maintain the love and admiration of a great nation, and Sons of God no longer inhabit the earth.

William suffers from an ailment, easily recognized by alienists, known as “megalomania.” It is described as “a mania or passion for, or for doing, great or grand things; a form of mental alienation in which the patient has grandiose delusions concerning himself.” Akin to it is “megalania,” a constant desire to wander, roam.

We find proofs of this condition in the Kaiser’s obsession of close partnership with God; his constant restlessness and desire for travel—a propensity that earned him a special nickname from the Berliners—his remarkable versatility, his craving for the limelight, and his extraordinary fondness for constant change of costume. His megalomaniacal utterances, quoted in books written by his admirers, are numerous. I shall cite only one. In Wolf von Schierbrand’s book, published in 1903, translated into English under the title “Germany; The Welding of The World Power,” the Kaiser is reported as saying: “Nothing must be done anywhere on the globe without the sanction of Germany’s ruler.” A perfectly normal man would not entertain such an idea, and only a megalomaniac, or one entirely devoid of a sense of humor, could give utterance to it. Sense of humor is lacking in the insane, although they are often fond of practical jokes.

As a private individual, under proper control by those in authority, William of Germany would be an interesting and useful member of society. As the ruler of an Empire, he is as dangerous as a drunken steersman on a steamship. One can never tell what form such an ailment may assume.

The mental affection of the Kaiser is undoubtedly dependent on the ear trouble from which he periodically suffers. The mechanisms of the ear and the brain are closely allied. This, again, is a phase of a scrofulous taint, acquired, through constant intermarriage, by every royal family of Europe except one, that of Sweden, which is only three generations removed from the people, in the person of Bernadotte, a man of great physical and mental vigor, who had been a private soldier in the army of Napoleon.

If William was one of my patients, I would prescribe a six months’ course of mental and physical treatment, at a low elevation, near the seashore, within sound of the breakers. It would include mental suggestion, by a man of placid disposition, little electricity and much magnetism. On the physical side a non-stimulating diet, low in protein, consisting largely of fruits and vegetables, massage, hydrotherapy, including wet packs, as administered at leading German health resorts, oiling of the body, air baths, thorough cleansing of the colon, and sufficient exercise to produce mild fatigue.

What a fool I have been to neglect my own concerns and to waste my whole life in a vain attempt to make all men think alike on matters of religion, when I cannot even make a few watches keep time together.—Charles IV, of France.

Walking for Health

A YOUNG woman of Kansas City, a consumptive, of tuberculous parents and grandparents, walked from that place to San Francisco, and after an examination in the tuberculosis booth of the Palace of Education, was declared to be in perfect health.

Henry W. Soule, twenty-three, walked from Maine to California, eating only fruit. On arriving at San Francisco he was in perfect health, weighed 160 pounds, and was as strong as a bear. He worked hard on the trip, and nearly died from thirst on the desert. He says that lettuce and black figs is an ideal combination. It is.

Dan O'Leary, now seventy-two years of age, recently took a little stroll of 200 miles, which he covered in a few days. He easily outwalked youngsters, who started with him.

In 1876, just before I left London, I saw Weston complete one of his 600 mile tramps, in six days. A few years ago he walked from San Francisco to Los Angeles. Weston, like Freddie Welsh, the prize fighter, is mainly a vegetarian. It would be impossible to do these strenuous stunts, involving great endurance, on a diet composed largely of flesh foods. In long distance walking races, in Germany, flesh eaters have not even reached the winning post.

One of the best and simplest aids to health is to walk to and from your place of business, or at least one way.

As to whether one should walk alone, or in company, authorities differ. For instance, Robert Louis Stevenson said that the only way to enjoy a walk is to take it alone. On the other hand, Mark Twain declared that the chief enjoyment of a walk lies, not in the walk itself, but in the talking that accompanies it. Nearly fifty years ago I went on a two months' walking trip through Switzerland, with knapsack and sketch-book. I was all alone, and found myself good company.

Thoughts That Kill

TEN years ago a gypsy told a man, then sixty-five years of age, that he would die on July 22, this year. He dropped dead, in Los Angeles, at five o'clock on that day.

A few weeks ago "friends" of a miner in Alleghany City, Cal., told him he was losing his mind. Not realizing that the remarks were in jest, he worried, until, in a fit of despondency, he shot himself.

These men were killed by suggestion, put into their minds. It worked there, and the mental poison killed them.

It should be a crime to kill a person with mental, as it is to kill with material weapons. Too often we hear one man say to another: "How bad you look." That is foolish and cruel.

Man, and the other animals whom he has depraved by his dominion, are alone diseased. Wild creatures are exempt from malady, and die either by accident or from mature old age; but the domestic hog, sheep, cow, and dog are subject to an incredible variety of distempers, and like the corruptors of their nature, have physicians who thrive upon their miseries.—Shelley.

The Mormons

A GRANDDAUGHTER of Brigham Young recently visited Los Angeles with the Mormon choir. She said that Mormon wives had been happy, being treated by their husbands with exact impartiality. We have heard other stories, some probably exaggerated by prejudice. A woman who merely seeks a home may be happy and contented, under such conditions, but it is difficult to believe that a woman who really loves a man can, without heart-burning, contemplate him in the arms of another woman.

It is a favorite "stunt" of Christian preachers to attack the Mormons. The parsons are safe on that ground, but it seems illogical, when we remember that most of the Old Testament heroes, beloved of God, were polygamists. You may say that times have changed, since then, but if polygamy was wrong three thousand years ago, it is wrong today, and vice versa.

Nowadays we hear a number of suggestions of polygamy, as a consequence of the European war. It may be that, for a time, they will give the Mormons a rest.

The Mormons are good people. As in political affairs, the followers of a movement must often be judged apart from the leaders. The Mormons are honest, reliable and industrious. I know, for I lived alongside them in Arizona, where they have several settlements. The Mormons performed the most wonderful feat of reclaiming the desert that the world has ever seen, and their capital is, today, one of the most beautiful cities in America.

Mormonism, most autocratic of all religions, is now threatened from within. Younger Mormons have become doubtful of the fundamental doctrines of their faith. They are rebelling against the autocratic commercialism of their elders. The University of Utah is rent by dissention. The trouble began with proof that one of their sacred books, written by Joseph Smith, founder of the Mormon faith, is a fake. The exposure of this fraud shook the faith of thousands of the younger Mormons. Another grievance is the closed corporation method of the rulers of the church, in collecting tithes. A conservative estimate of tithes collected is \$1,500,000 a year. In addition to this, an enormous income is derived from investments. The men who control these vast funds are unwilling to relinquish them. A writer says: "It is only the enlightenment of the rising generation that they fear." It is only enlightenment that all religious leaders fear—and fight.

The chief danger of Mormonism is not polygamy, but politics. The Church absolutely controls the votes of its members. Utah, one of the two states that went for Taft, was delivered to him by the Church. The Mormons are colonizing in other states, and their vote goes as a unit, under orders from Salt Lake.

I have never united myself to any church, because I have found difficulty in giving my consent without mental reservation to the long and complicated statements of Christian doctrine which characterized their Articles of Belief and Confession of Faith.—Abraham Lincoln.

True glory lies in the silent conquest of ourselves.—Thompson.

Land for the Landless

WE often hear the cry "Back to the Land." It is an excellent idea, but we must remember that many are incompetent to till the soil. Farming is a science. Also, many who are competent have not the means to start. It requires more than a piece of bare land. At the first Conference on Employment of the United States Department of Labor, in San Francisco, Edward Tiesdale, of that city, said:

You might just as well put a man in the middle of the ocean in a row-boat and tell him to step ashore, as to tell him to go to the country. The price of land is too high. The first payment takes all the money a man has, and he has nothing left to work with.

As we should try to bring the producer and consumer together, so should we endeavor to connect the landless with the land, choosing those who are able and willing to farm. We might begin on those who have enough to buy raw land, and live for six months or a year, helping them, on mortgage, for buildings, animals, tools, seed, etc., as they do in Australia and Canada. Here is a suggestion, in an address issued by the Landward League, of Ruskin, Fla.:

The money gathered by the Government through the postal savings banks belongs to the people, and should be loaned to them at one-half per cent. advance over the interest allowed on these deposits, instead of being loaned to the national banks at the small advance of one-fourth per cent., and reloaned to the people by the banks, at five per cent. more than the banks pay for it.

The money so loaned by the government should be made productive, by security on cultivated land, thus adding to the wealth of the nation and the independence of many of its citizens.

Fifty million dollars from the postal savings deposits would enable two hundred thousand heads of families to pay for a five or ten-acre farm or garden, sufficient for the maintenance of a family.

In doing this sort of work, society helps itself as well as the settler, and postpones possible trouble.

A Woman's Nerves

ASIX-HOUR day and a minimum wage for telephone operators are recommended in the report of an investigation conducted by the Federal Commission on Industrial Relations into conditions of employment of telephone girls in Chicago and seven other large cities. The nervous strain attending telephone operating, the report states, combined with the rigid discipline, is exceptionally severe, and is responsible for physical and nervous breakdown of a large number of girls.

The same is true of typewriting—mostly done by women—when the work is continuous. It is a great strain on the nerves, and should never be protracted, without a break. A phlegmatic girl is affected less, but then, a phlegmatic girl seldom makes a first-class stenographer and typewriter.

So long as we love, we serve. So long as we are loved by others I would almost say we are indispensable; and no man is useless while he has a friend.—Robert Louis Stevenson.

Noah Was the Culprit

FOR two thousand years Adam and Eve have been accused of being the causes of man's downfall, to repair the consequences of which Jesus had to die on the cross. As children many of us have heard droned, in mournful, nasal cadence:

“In Adam's fall,
“We sin-ned all.”

In medieval times woman was cursed by priests and saints, and told to hide her head in shame, because she was the cause of the Fall of Man. Poor woman! Weak man!

And now we are told that this is another historical error. That all these centuries we have been accusing the wrong people of a crime they did not commit.

According to a Babylonian tablet, translated by Prof. Stephen Langdon, of Oxford University, it was Noah, not Adam, who ate the forbidden fruit, and thereby, according to the Bible narrative, brought disease, short life and unhappiness upon the world. This tablet is said to antedate the book of Genesis by a thousand years. It is now in the University of Pennsylvania Museum.

According to this story, after the flood, which lasted nine months, Noah was saved by Enki, the Water God, who made him his head gardener, and instructed him in plant law. Noah tilled the soil and looked after the flowers in Paradise in the Kingdom of Enki which, according to the tablet, was about 100 miles from the mouth of the Tigris-Euphrates waterway. He was forbidden to eat of the cassia tree, but disobeyed, whereupon he was afflicted with all sorts of bodily weaknesses, and his descendants were cursed.

The apple story was evidently a bungle of the translators, who did the best they could. Apples do not grow in the valleys of Asia Minor. On the other hand, I do not know of any edible fruit produced by the cassia tree. The bark of the tree is used to adulterate cinnamon. The pods yield a soft pulp, which is a mild laxative. Perhaps Noah was looking for a cure for constipation.

So, Noah was the culprit. He not only made the first wine and acquired the first “jag,” but also brought on these theological troubles by eating the Forbidden Fruit.

It is now about time that we should erect that statue to Adam, as proposed by Mark Twain.

We cannot imitate the Swiss army, unless we imitate the Swiss spirit. If we are to continue to do things as individuals, only because they are profitable, or make us conspicuous, or get votes, then it is little use talking about Switzerland.—Norman Hapgood.

No man is the wiser for his learning. It may administer matter to work in, or objects to work upon, but wit and wisdom are born with a man.—Selden.

Law is the science of being methodically ignorant of what everybody knows.—Jeremy Bentham.

Love and Passion

IN one of his novels H. G. Wells asks: "I wonder why nearly all love-making has to be fraudulent?" I will tell you why. It is because what the novelists and dramatists call "love" is simply sex passion, common to animals as well as human beings, placed there by nature, to insure the perpetuation of the race. "All is fair in love and in war." You may deceive your enemy. You may deceive the object of your passion. You will not deceive one you really love.

Love is the most abused word in the English language. Love, founded on esteem and respect, is as different from passion as gold is different from lead, although the two may exist at the same time. Then arises the question: Which is the stronger? On the answer to this question often depends happiness or misery.

Passion is animal; love is spiritual. Passion is selfish and fleeting; love is altruistic and enduring. Here is what the Apostle Paul says of true love:

Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient. Love never disappears.

Nine-tenths of marital infelicities and troubles are due to the mistaking of sex-passion, that passes, for love, that endures.

Diet and Wounds

A RECENT dispatch announced that there were an astonishing percentage of recoveries from wounds, among the Turkish soldiers. It was attributed to the "dry climate and sterile non-infectious character of the soil." This is not the chief reason. The reason is that the Turks are satisfied with a simple and mainly non-flesh diet. A newspaper correspondent says: "The Turkish soldiers are easily satisfied with a piece of dry bread and a little water." Hence, they do not accumulate waste products, that poison the blood. Many years ago, English physicians in India were astounded at the recovery of Sepoy troops from wounds that would have proved fatal to white men, and we all know how, in the war between Japan and Russia, Japanese troops showed a similar record of rapid recovery.

What is true of war is true of peace. The non-flesh eater not only has remarkable endurance, but recovers more rapidly from injuries.

There must be the public opinion back of the laws, or the laws themselves will be of no avail.—Roosevelt.

Many dishes, many diseases; many medicines, few cures.—Benjamin Franklin.

A person who has his brain developed at the expense of his heart is as dangerous as dynamite.—Dr. Russell Conwell.

Pardoning the Innocent

HENRY BARNUM FREEMAN, dean of Chicago judges, resigned his place on the Superior Court bench. He was worried into physical decline because in 1893 he had sentenced three men to the penitentiary for murder. One of them died in prison. The two others, one a white haired veteran of the Civil War, were paroled a few weeks ago. Freeman had made efforts to obtain the release of the men, after he became convinced of their innocence, and his inability to do so preyed on his mind.

Cases in which innocent men are imprisoned are not infrequent, and occasionally one is hung. This is somewhat surprising, when we observe that a guilty man may keep out of jail almost indefinitely, if he is able to hire clever lawyers.

Perhaps we cannot always avoid mistakes in administering the "majesty of the law," but what shall be said of a system that graciously "pardons" a man, after he has spent half his life in a prison cell, for a crime he did not commit? Instead of a "pardon," the state should extend to him a humble apology, and pay him the maximum amount he could have earned, if at liberty. That is the very least the state should do, as an act, not of mercy, but of simple justice.

The Morning After

FOODS do not disagree with a person as soon as they are eaten, any more than unnecessary surgical operations show their ill-effects the next day. Otherwise, people would beware of ill feeding, and of being carved.

A chronic dyspeptic may dine on soup, hot lobster, cucumber and ice cream, and feel "bully," until some time in the early hours, when the long digestive process has advanced to a point where it hurts. This is why many say they do not know what disagrees with them.

When you desire to judge the effects of a food upon you, wait until the morning after. Then, note the condition of your tongue, the feeling of your stomach and liver, and the agility displayed in jumping out of bed. Observe whether you are good tempered, or otherwise. When a man feels mentally and physically fit on rising, he is all right. On the other hand, if you feel cross, and miserable, until you have swallowed a stimulant—coffee, tea or a cocktail—then you should cross-examine yourself, see what dietetic sins you have committed on the previous day, and resolve to reform. Perhaps it was merely a combination of foods, each good of itself, but incompatible with each other, causing internal troubles, when mixed.

We make too much of life, and too little of living. It is living that is important, not existence.—Margaret Deland.

Half the babies under twelve months, admitted to New York institutions, fail to live out their first year. Perhaps they are fed pasteurized or sterilized milk.

Flowers and plants exhale carbonic acid gas at night.

Roman Catholics in Council

THERE has recently been a revival, in this country, of the narrow, bigoted and proscriptive A. P. A. movement. Hence, a recent annual gathering of the Knights of Columbus, in Seattle, was of special interest.

The Commission on Religious Prejudice expressed the belief that American fair play will prevail over religious bigotry. Mention was made of the fairness shown by the press. The report declared that a principal cause for prejudice against Catholics arose from an erroneous belief among non-Catholics that they owe such allegiance to the Pope as is incompatible with proper allegiance to our country. Continuing, the report stated:

We should lose no proper occasion to declare the position of Catholics, and the teachings of the church on this matter, namely, that while Catholics acknowledge the Pope to be supreme in spiritual matters, they do not hold that he has any authority in civil matters. If any spiritual authority were to direct us to do any act contrary to the rights of free citizens, or the welfare of society, we would be bound to disobey.

The report, further, expressed the opinion that "in time all general forms of religion will be taught in free schools." God forbid! That would create an awful mental muddle. Too many extraneous subjects are now taught in the schools. Let the children, while they are young, enjoy a little rest from theological theories, that their elders do not understand. Teach them morality, not theology. The two are as wide apart as the poles.

Moving Picture Censorship

MOVING picture operators, in convention in San Francisco, objected to censorship. I think the censorship should be more strict than it is. To a great extent, moving pictures have taken the place of the stage, the pulpit and the printed page, and they are largely patronized by children. Standing in front of a theater poster, an eight year old boy was heard saying to his small companion: "That's the way to hold your gun, Jimmie, when you want to kill anybody."

It is not necessary that all films exhibited to the young should "combine instruction with amusement," but it should be obligatory that all films are free from incentives to crime. Censors should, of course, be sane people, who do not confound harmless gaiety with vice.

Judge Hewitt, of the Superior Court, Los Angeles, recently confirmed the authority of moving picture censors.

Contemporary man is small and superficial and inadequate in his dealing with large tasks, because he does not take time to think. He is impressionistic and emotional where he should be rational and logical. He too often lives a cluttered life, restless and unavailing and unsatisfying.—John R. Mott.

Some folks are so busy putting something by for a rainy day that they get little or no good out of pleasant weather.—Edwin A. Abbey.

Advertising

DURING the past quarter of a century, advertising has become a great business, involving the expenditure, every year, of hundreds of millions of dollars, in this country alone. Fortunes are made and lost in advertising.

Some say they do not advertise. That is not true. If you place a display of goods in a window, or if you even affix your name over the door, that is advertising. It is true that, in Europe, there are still some old-fashioned concerns, located apparently in private houses, that you have to enquire your way to—and perhaps, get an introduction—before they will do business with you. These, however, are disappearing. Even doctors advertise, although they are not permitted to do so, by their code of ethics. The physician may not pay for an advertisement, but he is permitted to get all the dead-head advertising he can. When he is so fortunate as to have a celebrated patient, the doctor's name is printed in the daily or hourly bulletins. He is also not unwilling to have himself interviewed, in regard to a new and wonderful medical discovery.

Advertising is not only a business, but a science. The two chief mistakes of amateur advertisers are, first, to try to get more matter into the space than it will properly hold, and, second, to expect results too soon. It is persistent advertising that pays.

It is encouraging to note that there is a general demand for honesty in advertising. Honesty is the best policy in advertising, as in other things. An increasing number of publishers refuse to become accessories to crime, by publishing swindling advertisements. Before long, I hope it will be regarded as disgraceful for a magazine or newspaper to accept such advertising. Several nefarious branches of business, as that of the blood-sucking "specialist" could not exist, except through newspaper publicity.

Fat Versus Virility

MRS. ELLEN RICHARDS, a noted sociologist and scientist, and instructor at the Massachusetts School of Technology, of Cambridge, has ascribed "race suicide" largely to the increased use of rich and starchy food by women. She declares that women, when over-fed, are less likely to have children than when not so highly nourished. Apart from the fact that many women deliberately avoid motherhood, Mrs. Richards is right. Stock raisers know that over-fat animals are not good breeders. Nor are fat men noted for their procreative powers. It is your long, lean kind of men and women that propagate and replenish the earth. I may add that it is a blessing for the unborn children that women who put in their time nibbling on sweets and reading novels are often disqualified for breeding purposes.

Putting distance between yourself and civilization is more or less a delusion, for civilization lies within you. To fight your own thoughts may prove even more exhausting than a day's work.—Oscar Schleif.

'Tis not in mortals to command success, but we'll do more, Sempronius, we'll deserve it.—Shakespeare.

A Successful Operation

IN a small city of the Middle West the "good old family doctor" had been called to the bedside of the only child of the leading citizen. The parents hung upon his fateful words. It was a question whether he should recommend an operation. Such an operation, by the Great Surgeon, would mean a fee of several thousand dollars, for the father was a wealthy man, and surgical fees are gauged as freight rates were, before the days of railroad commissions—"all the traffic will bear." Should an operation be performed, the family doctor could look for a thousand dollars, as his share of the "honorarium." He needed the money badly. A mortgage on his modest home was about to fall due. He knew this was not ethical. The practice of fee splitting had been denounced at medical conventions and in medical journals. Yet, it was common—was practiced every day by thousands.

As to the operation, he had good authority for that. In many reports it had been recommended by eminent medical men. And yet—he had his doubts. He was old and wise, and many bitter bedside disappointments had made him doubtful of laboratory science.

The doctor hesitated, for he was a good man. He said he would give his decision in the morning. He passed a sleepless night. Finally—"My poverty but not my will, consents."

The Great Surgeon came, with assistants and trained nurses, and "all that medical science can do." The operation was declared successful. And the next day the girl died.

The parents left, for a trip around the world, to try to escape from the great sorrow they could never forget. But the remorse of the doctor was harder to bear than the parents' sorrow, for he knew what they did not know; that the girl might have lived—that she was another victim of Modern Medical Science.

Religion and Animals

HOWEVER fully we may recognize the humane spirit transmitted to the world in the form of legends from the saints of the desert, it must not be forgotten that the inculcation of humanity to animals on a wide scale is mainly the work of a recent and secular age; that the Mohammedans and the Brahmins have in this sphere considerably surpassed the Christians, and that Spain and Southern Italy, in which Catholicism has most deeply planted its roots, are even now, probably beyond all other countries in Europe, those in which inhumanity to animals is more wanton and most unrebuked.—Lecky's "History of European Morals."

Churches no longer represent the people, none speak the language of the people. The curse of retribution has visited the church and synagogue at last, in that, having long denied the poor, the poor have come to deny the Church.—Rabbi Stephen Wise.

All things whatsoever ye would that men should do to you, do ye even so unto them.—Jesus.

Safety Valves of the Body

THE pores are safety valves of the body. It is natural for men to sweat every day. When they lead a sedentary life, and do not sweat naturally, they should do so artificially.

The carnivora do not sweat through the pores. That is another proof that man is not carnivorous. It also shows the cruelty of muzzling dogs.

There are various methods of inducing artificial perspiration,—steam and dry heat, air, electric light and wet packs. Each has its advantages. The main thing is that you sweat at least once a week.

Two thousand years ago, the Romans were far in advance of us in regard to caring for the skin. Wherever they went, on the farthest confines of their great empire, one of the first things they did was to erect large artistic baths of stone and ornamental tiles. Ruins of these are found all over Europe, and Northern Africa. In the city of Bath, and in London, Roman bathing pools are still used. The Roman bath was always followed by massage and oiling of the skin, a hygienic measure, restoring fat removed in bathing, equalizing the temperature of the body, and tranquilizing the nerves.

An ordinary hot bath does not cleanse you, however much you may scrub. If you doubt this, take a hot bath, with a prolonged scrubbing, then adjourn to a Turkish bath and note the results. They will surprise you.

See that you get a thorough sweat at least once a week. It is one of the first rules of health.

Increase of Degenerative Diseases

LAST month I stated that, contrary to general opinion, the length of life is decreasing. This statement has been questioned by some of my medical friends. It is, however, absolutely true. I quoted from a U. S. Public Health Service bulletin, which stated that "the death rate, after the age of forty, is increasing, despite more sanitary modes of living. The expectation of life after forty is less than it was thirty years ago. This is due largely to increased prevalence of the diseases of degeneration."

Another evidence of the truth of the statement is furnished by a new life table for New York City, recently worked out by the New York Board of Health. This shows, through comparison with previous similar tables, that men and women in middle life have less expectation than formerly. Commenting upon the table Prof. Irving Fisher, of Yale University, says:

"In this country almost all improvement in hygiene has been with respect to infants and children. Census figures show a decline only or chiefly in infectious diseases, and, therefore, an improvement in the mortality in early life. But side by side with this improvement we find an increase in the chronic diseases which affect middle life."

As I said last month, this increase of mortality is due, not only to the restless processes of what we call "civilization," but also to the poisoning of the blood of the people with filthy animal matter, in the shape of serums.

Strong Meat for Babes

WHY is it that good but misguided people, who conduct Sunday schools, insist on feeding children strong spiritual meat, that their immature minds cannot possibly digest?

Helen, my little granddaughter, aged eight, brings home every Sunday a written or printed quotation from the Bible. Last Sunday it was a slip of paper on which was written: "These things have I spoken unto you that my joy might remain in you, and that your joy might be full." It was kind of the teacher to go to the trouble of writing this down, but it is Greek to a child. That, however, is by no means the worst. On other Sundays she brings home a printed text about blood atonement for sin, or something of that kind, and one Sunday there came: "Thou shalt not commit adultery." This to a little girl of eight. Then grandma has the embarrassing task of explaining that Helen is not yet old enough to understand what adultery means.

All this is a sad waste of effort, and defeats its purpose, for it causes children to regard the Bible as something apart and incomprehensible, a book to be kept on the marble center table of the parlor, and opened only on state occasions, whereas the Book is full of human interest stories, such as the tale of Joseph and his brethren, and David and Absalom, and Naomi and Ruth, and many others, all of which have been translated into simple language for children.

Strong meat is bad for the bodies of babes and strong doctrine is bad for their minds.

Narrowness of Religious Sects

I AM a deeply religious man, as men of my quality go, but I hate more and more, as I grow older, the shadow of intolerance cast by religious organizations. All my life has been darkened by irrational intolerance, by arbitrary irrational prohibitions and exclusions. Mahometanism, with its fierce proselytism, has, I suppose, the blackest record of uncharitableness, but most of the Christian sects are tainted—tainted to a degree beyond any of the anterior paganisms, with this same hateful quality. It is their exclusive claim that sends them wrong, the vain ambition that inspires them all to teach a uniform one-sided God, and be the one and only gateway to salvation. Deprecation of all outside the household of faith, an organized undervaluation of heretical goodness and loveableness, follows necessarily. Every petty difference is exaggerated to the quality of a saving grace or a damning defect. Elaborate precautions are taken to shield the believer's mind against broad or amiable suggestions; the faithful are deterred by dark allusions, by sinister warnings, from books, from theaters, from worldly conversation, from all the kindly instruments that mingle human sympathy. For only by isolating its flock can the organization survive.

The broadening of human thought is a slow and complex process. We do go on, we do get on. But when one thinks that people are living and dying now, quarreling and sulking, misled and misunderstanding, vaguely fearful, condemning and thwarting one another in the close darkneses of these narrow cults—Oh, God! one wants a gale out of Heaven, one wants a great wind from the sea!—H. G. Wells.

Briefs

Mrs. Lydia Heald Sharpless, Quakeress, of Whittier, Cal., celebrated her 105th birthday, on August 22. Her motto is "Don't worry, and don't overdo." It is a good one.

Seventeen thousand Japanese are picking grapes in the San Joaquin Valley, while many white men are unemployed. There are several reasons, but it is bad for the State.

At a Los Angeles seaside resort, automobile parties not only take their lunch, but sleep on the sand, under the shadow of hotels. Night police will rout these payless persons out.

A campaign against the "Song of Hate" has been started by the Volkszeitung, a Catholic journal of Cologne, Germany.

Dr. Younger, 79 years of age, a dentist of Paris, France, for years has traveled to San Francisco to participate in the annual redwood grove festivities of the Bohemian Club.

Lynchings in the Southern States are largely due to the unwholesome Southern diet that breeds dyspepsia, malaria and devilishness.

Chicago is a foreign city. Only one-fourth of the inhabitants are native born Americans.

One hundred years ago the population of London was about the same as that of Los Angeles today. Fifty years hence Los Angeles will be bigger than London.

A fifteen year old Los Angeles girl gave away her doll, before eloping with a boy to San Francisco to get married. She would better have kept her doll.

Three hundred Quakers enlisted in the English army and navy.

The Petit Journal, of Paris, twenty years old, is said to have been sold for \$4,400,000.

Los Angeles policemen may pose in the movies in their spare time. How about soldiers and sailors?

Liverpool, England, has forbidden treating in saloons and clubs; also the giving of credit. Good idea.

The big bell of St. Stephens, Vienna, made of guns captured from the Turks, in 1711, has been melted to make ammunition to help the Turks. How the Devil must laugh at such doings.

We are told that scientists have produced a banana flour. For thousands of years, millions have lived on this flour. It has been advertised in **BRAIN AND BRAWN** for a year or more.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, SEPTEMBER, 1915

No. 4

Sectarianism

So many Gods, so many creeds,
So many ways that wind and wind,
While just the art of being kind
Is all this sad world needs.

—Ella Wheeler Wilcox.

AN aged Calvinist woman, being asked about the Universalists, said: "Yes, they expect everybody will be saved, but we look for better things."

I do not know how many religious sects there are in the United States. You cannot tell from the census report, because these sects are constantly multiplying, by the introduction of new cults and the splitting up of existing sects, thus propagating, by subdivision, like lower forms of animal life. At a recent gathering of the Young People's Christian Union, 78 denominations were represented.

This great diversity is often referred to as a weakness of the Protestant religion. It is, in one way, but in another way it is a sign of strength. These Dissenters think—not logically, perhaps, but at least they think, after a fashion. They do not take everything for granted. They may give their bodies into the care of a doctor and their worldly goods into the hands of a lawyer, but they do not give their souls into the care of a priest. They hold themselves individually responsible for their spiritual welfare and "work out their own salvation with fear and trembling," each according to the principles of his particular school of divine healing, whether it may be the water cure, or vegetarianism, or wearing buttonless coats, or rolling on the ground, or merely a firm belief that all who do not belong to that particular sect are destined to writhe forever and ever in the torments of burning brimstone and sulphur, while they, the Saints, look down and sing praises to God for his mercy.

People who think earnestly on the Unknowable must necessarily differ, while those who merely accept Authority and Tradition are united. This unison does not imply life, but death. All physical life involves motion. All spiritual life involves progress.

In a single small town you may see half a dozen churches, or chapels, the buildings perhaps half empty on Sundays. What a waste of money, time and effort. It is like running several car lines to a place when there is only enough traffic for one. Of late we have seen

a growing effort to unite sects that differ only on what an outsider must regard as trifling matters, as whether you should keep Saturday or Sunday as a holy day, whether you should baptize by sprinkling or by dipping, and whether a priest should face east, west, north or south. Perhaps one result of this bloody war between Christian nations may be to cause many to see the futility of squabbles over trifles. I have not much hope of this, for minds that can find cause for dispute in such details, when there are so many pressing social problems to solve, are not open to ordinary argument, or appeal.

If I had my way, I would affix, over every place of worship, this exhortation from the New Testament: "In things essential, unity; in things doubtful, liberty; in all things, charity."

Quality In Advertising

ON a preceding page I have said something about advertising, in general. I add a few words about advertising in this magazine.

Experienced advertisers have learned that there is quality as well as quantity, in advertising. It is not always the largest circulation that brings the best results. **BRAIN AND BRAWN** is published for and read by thrifty people, who think. Most of them have money to spend, on what their judgment tells them is worth while. They know I will not wilfully publish a dishonest advertisement, or one of which I disapprove. Most of the subscribers read the magazine through from cover to cover, including the advertisements, and then preserve it, or send it to a friend.

This is why advertising in **BRAIN AND BRAWN** pays, as shown by the fact that a large percentage of our patrons stay with us all the year round.

An Age of Hypocrisy

DISMISSING a charge against Emma Goldman, Judge Gatens, of the Circuit Court of Portland, Or., said: "There is too much tendency to prudery nowadays. We are shocked to hear things uttered that we are familiar with in our everyday life."

The judge is quite right. This is an age of hypocrisy. Human nature has not changed in ten thousand years, except that we are less frank and honest with ourselves, and with others. We cover up sore spots, and make believe they do not exist.

Perhaps, in one way, this war may improve things, by stripping the mask from what we call "civilization."

Missionary Money

IT has always seemed to me that the large amount of money sent out of the country, to convert those we are pleased to call "heathen," might better be expended on the sinful and suffering at home. These "heathen" are much happier and healthier than the "submerged tenth" of our big cities. We send them superfluous clothing, and Bibles, and firearms, and firewater, and syphilis, and they retrograde, or die out. The natives of Hawaii and Tahiti are examples of this. They were healthy, happy, kindly people, until they first met representatives of nations now displaying, on European battlefields, the crowning glory of so-called Christian culture.

A One-Sided Commission

DIRECTORS of the Los Angeles Chamber of Commerce adopted a resolution, calling upon Congress to appoint a commission of five practical men, to frame a new national shipping bill, one to be engaged in the steamship business, one in the shipping agency business, one prominent exporter, one prominent importer and one prominent broker.

How about the sailors and passengers? It seems to me that they should have something to say. Under La Follette's Seaman's Act, the carrying capacity of the ill-fated *Eastland* would have been reduced from 2570 to 1552.

The Panama Canal Act, not the Seaman's Act, is responsible for the sale of its fleet by the Pacific Mail Steamship Company to the Atlantic Transport Company. The former company is debarred from the Canal because of railroad ownership.

Some of my medical friends think I prostitute my talent. Doubtless there were rabbis who thought the same of Jesus. "If he would only preach the doctrine of the Pharisees."

If the people of Georgia are so solicitous about their womanhood, they should raise the age of consent.

Contrasts

Strange, that we creatures of the petty ways,
 Poor prisoners behind these fleshly bars,
 Can sometimes think us thoughts with God ablaze,
 Touching the fringes of the outer stars.

And stranger still that, having flown so high,
 And stood unshamed in shining presences,
 We can resume our smallness, nor imply
 In mien or gesture what that memory is.—Richard Burton.

Brooklets

A queer development of the everlasting alcohol question is the testimonial of a "temperance worker" to a drug store whisky.

* * *

A man with impure blood cannot think pure thoughts.

* * *

High heels are as harmful to girls as cigarette smoking to boys.

* * *

I don't like people who never wear old clothes.

* * *

They say that a watched pot won't boil. I know that a watched stomach won't digest.

* * *

A great majority of those who pretend to admire classical music and "old masters" are humbugs.

* * *

The inventor of a noiseless grass cutter will be a philanthropist.

* * *

If you want to do "just as you please" you will have to live alone on a desert island. Even there Nature may interfere with some of your plans.

* * *

Many people must always be doing something, or going somewhere, to get away from themselves.

* * *

Before you can justly claim to be a free man, you must cast off the shackles of Formula, Precedent and Tradition.

* * *

City life is too much made up of disappearing beds, canned foods, and canned drama.

* * *

The brain is bi-sexual; it begets and conceives.

* * *

As a nation, we should not forget the good old English proverb: "Brag is a good dog, but Holdfast is a better."

* * *

Grinning girls in the newspaper pictures, not content with showing their gums, now seem ambitious to display their tonsils.

* * *

If, in a shipwreck or fire, you could save only your wife or your mother, which would you choose?

* * *

"Best Formed Girl in the World," runs a newspaper heading. Rot! There are about 500,000,000 girls in the world.

The Story of the City Directory

EDITING a city directory is one of the last jobs I should care to take. Robert Devereux, who has managed the Los Angeles City Directory for a number of years, must know how to live, or he would have broken down.

While I would not care to edit a directory, I can always spend a couple of hours, with pleasure and profit, in looking through its pages. You may learn much, if you know how to read between the lines.

The Los Angeles City Directory for 1915 estimates the population of the city and new annexed territory, at 528,817. This is a big jump from about 25,000, thirty years ago.

Including the newly annexed territory of Palms and parts of the San Fernando Valley, Los Angeles now contains 285 square miles. There are 847 miles of improved streets, 288 miles of paved streets, 768 miles of sewers, not taking into account the territory newly annexed.

Here are the most numerous represented occupations in the city. For the sake of comparison I have included some figures for 1914:

	1914	1915		1914	1915
Apartment Houses	912		Manufacturers' Agents ...	358	385
Architects	170		Meat Markets	287	467
Artists	175		Millinery	180	213
Attorneys	1440		Mines & Mining	260	225
Bakeries	230		Motion Picture Mfrs.....		39
Barbers	790		"Movie" Theaters	111	100
Billiard Halls	224		Newspapers, etc.		187
Ch. Science Healers.....	190		Notaries Public		290
Cigar Dealers	520		Nurseries		151
Confectioners	315		Nurses	903	1097
Contractors	1345		Oil Companies	258	336
Dentists	455		Osteopathic Physicians....	202	223
Dressmakers	780	740	House & Sign Painters.....		336
Druggists	262	260	Physicians	1020	1273
Dry Goods	196	245	Plumbers	309	315
Express & Drayage.....	358	365	Job Printers		263
Furnished Rooms	1740	1770	Wholesale Produce		195
Grocers	1460	1660	Real Estate Agents.....	3108	2880
Hotels	247	170	Restaurants	655	810
Insurance Agents	398	325	Saloons	208	195
Investments	486	349	Schools & Colleges.....		213
Jewelers	220	193	Shoes	425	512
Land & Water Co's.....	201	310	Steamship Companies		65
Loans	211		Tailors	607	737
Lumber Dealers	163		Music Teachers	970	828

A one legged boy, Fred Manning, of Oakland, Cal., was victor over fifty boys, in a series of athletic events at San Francisco, including a hurdle, high jump, broad jump, horizontal bar exercises, baseball throwing, and a thirty-yard swim. He was given no handicap, and used a crutch.

The Minneapolis jobbers have been selling lemons to retailers all the summer at \$4.75 per box, the jobbers themselves paying not over \$2.50 per box.

Villa the Patriot

IN January I wrote thus of Villa:

"Villa has been depicted as a bloody bandit. On the contrary, he is a patriot and a self-taught leader of men, in whom he inspires unlimited confidence. His generalship has excited admiration among military critics.

"When he was a young man, Villa's sister was seduced by an officer, whom he properly shot. Then he took to the mountains. In prison he taught himself to read and write. He took his first alcoholic drink a few weeks ago, at a banquet in the City of Mexico, when he and Zapata met for the first time. He has no personal ambitions that conflict with the aims of his countrymen for freedom. In the war with Huerta's troops, the outrages were almost invariably committed by Federals."

In the Los Angeles Times, of August 17, was published an interview with Maj.-Gen. Hugh L. Scott, Chief of Staff of the United States Army, in which he was quoted as saying:

"Gen. Villa has responded promptly and handsomely to the needs of the hour; and he has done so without in the least degree impairing either his own personal dignity or the strength of his cause. In this crisis he has manifested a temper, disposition and character that is in a high degree admirable. He has shown a comprehensiveness of grasp which has been surprising, even to one who was not unacquainted with the honesty of his purposes, the extent of his resources and tremendous forces of his character. I doubt not that Gen. Villa's admirable example will be emulated by other responsible leaders in Mexico."

Colds are Caught at the Table

FOLLOWING is from "Meatless Menus" by Eugene Christian and Mollie Griswold Christian. It is strictly in line with the persistent preaching on the subject of the Care of the Body:

"The great majority of colds start at the dinner table. All colds come from two causes, viz., exposure and over-eating. When one is exposed to a draft or violent cold the pores of the skin through which body poisons are continually passing off close, and these poisons are then taken up by the circulation and carried to the lungs for oxidation—that is, to be burned with oxygen we breathe.

"As a rule the lungs are always pressed to their fullest capacity to oxidize the normal amount of body poisons brought to them by the circulation, hence they cannot take care of the excess and Nature causes suppuration in order that these poisons may be cast out of the body in another way."

At a meeting of the West Coast Potato Association, in Palo Alto, Cal., a speaker declared that, contrary to general beliefs, "scabby" potatoes are superior in quality to the smooth variety.

In Chicago doctors tried to scare saved Eastland passengers into undergoing another risk by submitting to injections of serum, under the plea that they were in danger of contracting typhoid fever by immersion in the Chicago river.

Germany and England

WHEN the Franco-Prussian war was fought, England was producing more iron ore in making steel, and probably more coal, than France and Germany put together. Today Germany is producing more pig iron and steel than England, France, Russia and Italy combined.

For the first twenty years, England, with her superior organization, had a long lead in the electrical industry. Germany's electrical machines have steadily displaced those of England wherever the two have come in competition.

Forty years ago, the exports of Britain were nearly three times those of Germany. The year preceding the war saw the exports of Germany surpass those of England.

Since 1880 the receipts of German railways have gone up nearly four times, and the ton mileage more than four times. Those of Britain have only about doubled.

Since 1876 the banking resources of Germany have multiplied nearly eighteen times. England's have hardly trebled.

Germany has twenty-two universities, with an enrollment of nearly 70,000; while England's eighteen universities have but 35,000.

Germany has eleven technical schools, with an enrollment of 16,000, and thirty-two other technical academies, which increase this to over 22,000. The technical schools supported by public funds in England had, in 1913, an enrollment of 1485 students.

Germany produces about 35,000 books annually, as compared with about 12,000 in Great Britain.

In 1909 telephone calls in Germany were twenty-six per head, as compared with fifteen in England and six in France.

In Germany the number of illiterates is seven-tenths of one per cent. In England it is five times as much.

In the field of applied science, Germany has led the world. It is probably fair to say that the amount of industrial research in Germany, and the importance of its results in the last forty years, have been equal to that of all the other nations, including the United States, combined.—Carl Snyder in Collier's.

Starch Poisoning

A NEWSPAPER dispatch runs as follows:

"Experiments conducted at the Georgia and Mississippi State sanitariums have confirmed the theory of United States public health service officials that pellagra is caused by eating too much starchy food."

The scientists are getting "warm" as the children say, in one of their games. There is no doubt that excessive eating of starch foods causes much more harm than excessive eating of meat, because there are many more who eat too much starch than those who eat too much meat. They cannot afford it.

The City Council adopted an ordinance legalizing the shooting of rabbits within the city limits of Los Angeles.

Miss Naomi Tompkins graduated from a \$10 a week job to the position of cashier of the City National Bank of Long Beach, Cal.

Making a Mockery of Marriage

THE trouble is not that it is so easy to get a divorce, but that it is too easy to get married. We have a notion in this country that it is "un-American"—whatever that may mean—to place the slightest obstacle in the way of "two hearts that beat as one." The way to marriage must be unobstructed. This is fine in theory, but how does it work out in practice?

Is it fair to our young people that we leave the way to marriage so open and unobstructed, that under the influence of a mistaken momentary impulse, an emotional moonlight rhapsody, a temporary dance infatuation, they seek a preacher or justice of the peace, to be joined "until death doth them part?" Is it wise to leave the way to marriage so open that four young couples, filled with the careless fun of an evening's hay-ride, can stop at a parson's house and get married "just for fun," as they did here last summer? Is marriage to be made so light of that a girl, piqued because the bridegroom does not appear on time—detained by good causes, as it afterward developed—can jump with a friend into a carriage waiting outside, hurry to a preacher's house, and return to the waiting wedding party, married? Is it sensible or wise, to leave the way to marriage so unobstructed that a bride, standing at the altar, can "change her mind" and marry the best man instead of the prospective bridegroom, as happened recently on this coast? Is it fair to young people, full of the love of fun, that in one part of our country at least, if a man, in jest, refers to a girl as his wife, in the presence of a third party, the two are, in that state, legally married, if the girl chooses to hold the man to the "joke?"

All this is leaving the way to marriage open—yes, wide open—but pray what does it make of marriage but a jest and a mockery?—W. F. Phillips, Ontario, Cal.

The Bowels and the Eyes

SOME light is thrown on the question of the extent that eye troubles have to do with digestion, by the discovery of a distinguished British oculist.

He recently found that poisons which enter the system as a result of colitis, inflammation of the mucous membrane of the large intestine, often causes a loss of accommodation in the eye—a loss of ability to see well at a distance or close by.

Eye weaknesses are thought to have little to do with digestion, but digestion plays an important part in diseases of the eye, many of which have been traced back directly to an absorption of poisons from the intestinal canal.—Exchange.

One of the by-products of the war has been a loss of \$30,000,000 to orange growers of Jaffa, Palestine, many of the groves having died for lack of irrigation.

David Ammann, formerly of Hollywood, Cal., who was driven out of Leipzig by the police, is now conducting a Mazdaznan resort at Heerliberg, on the lake of Zurich, Switzerland.

Only one-third of female college graduates marry, and those who marry average less than half a child a piece.

Bran

IT is estimated by those who investigate food values that more than half of the people of the United States are suffering from lime starvation, because their food does not contain a sufficient amount of phosphates of lime deemed necessary for the human system. A paper by P. Carles in the Experiment Station Record shows practically no good effect results from the large amount of phosphates administered medicinally. The natural way to absorb it is through proper food, which cannot be supplanted by an artificial method.

Authorities declare that the excessive use of meat common in civilized countries, by producing acid state of body, leads to loss of mineral phosphates. Insufficiency results from the liberal use of meat, cane sugar, butter and fine flour bread. Phosphate of lime and other salts are lacking in meat, for the reason that these compounds are found in the bones of the animals. The soft parts of an ox contain one two-hundredth part of the lime in the body, taken as a whole, the bones containing one hundred and ninety-nine two-hundredths of the lime content. Cane sugar contains no lime, and in fine flour bread lime is almost wholly lacking, because the wheat is separated from the bran. Butter contains only traces of lime.

Phosphates of animal origin, such as powdered bones, are beneficial, but wheat bran is found superior to animal phosphates as a food source. Recognition of this is causing a rapidly increasing demand for bran and food products containing bran.—Pittsburg Gazette Times.

A Rival of Billy Sunday

THE Rev. Robert Van Meigs, pastor of the First Baptist Church at Muskogee, Okla., raised \$805 from a congregation, about 4000 strong, wherewith to compensate Evangelist E. G. Grabil. He gave in return for each \$25 donation an exhibition of agility by leaping over the pulpit stand.

Prior to starting his money-raising campaign, the Rev. Meigs prepared for rushing tactics. Ushers with pads of paper and pencil were stationed at various points on the floor, in order to lose no time in noting the names and amounts as they were announced. Then he went into the pulpit minus his regulation black coat and with his shirt sleeves rolled above his elbows.

"It will cost just \$25 a throw to see me leap over the Bible stand," the Rev. Meigs declared. When the first \$25 subscription was announced the preacher gave a loud shout of joy, ran to the pulpit, laid his hands upon it and leaped over it after the manner of most approved athletics. Before the evening's task had been accomplished he had repeated this performance something like a score of times.—New York World.

Great Britain and France buy twice as many books per capita, as the United States, where only one person in 7300 buys a book in a year. In Switzerland the percentage is one in 872.

A Vancouver, B. C., consultant writes to me, under date of August 7, that peaches and pears were selling there at five cents a piece. At the same time in Los Angeles you could buy fine peaches at two cents a pound.

Ten Wives for Each Man

LAST month I mentioned that after the Thirty Years' War, when the population of Prussia decreased fifty per cent., a law was passed, permitting every man to have two wives. I was in error. I should have said ten, instead of two. Here is the official proclamation, issued by the Diet of Nuremberg, on February 14, 1650:

"Inasmuch as the unavoidable needs of the Holy Roman Empire require the replacing of men totally lost during the bloody Thirty Years' War . . . it shall for the next ten years be forbidden to take into cloisters young men or such men as are under sixty; marriage shall be permitted to such priests and pastors as are not members of orders or in cloisters or prebends; every male person shall be permitted to marry ten women, but all and every male person shall be therefore reminded also from the pulpits, that an honorable man who ventures to take ten women shall not only provide for them all necessities, but shall also prevent all dissatisfaction among them."

It seems to me that a man would have some trouble in fulfilling the closing injunction of this decree. However, German wives of the seventeenth century were quite different from American wives of the present day.

Vacations

IT is not difficult for even the most casual of observers to see that, notwithstanding the steady spread of the vacation custom, by far the greater number of people stay at home. It is perhaps not easy for those who meet with throngs at seaside and mountain resorts to realize this, but it is nevertheless true. Statistics of travel show, however, that the vacation contingent grows annually, yet this is not the best indication to be found of a very widespread desire on the part of the employing as well as the employed classes to get more of the open out of the summer months. Almost without suspecting it, Americans are rapidly drifting toward the English week-end custom—the Saturday to Monday holiday—and increasing thousands apparently prefer it to the annual vacation.—Christian Science Monitor.

What is Truth?

POLICE LIEUTENANT BECKER gave out the following dying statement for publication after he was electrocuted:

"I stand before you in my full senses, knowing that no power on earth can save me from the grave that is to receive me. In the face of that, in the teeth of those who condemned me and in the presence of my God and your God, I proclaim my absolute innocence of the foul crime for which I must die. You are now about to witness my destruction by the state which is organized to protect the lives of the innocent. May Almighty God pardon every one who has contributed in any degree to my untimely death."

On the other hand, Gov. Whitman, who refused to pardon him, said:

"I don't wish to say more about a man condemned to die. This man is guilty. There is not the slightest doubt about it. It was the most perfectly proved case in the annals of criminal law."

On July 1, there were 279,544,494 acres of public lands in the United States, unappropriated and unreserved, nearly half of it still unsurveyed.

Joshua Ben Joseph

IF this man (Jesus), up to the moment of his contact with John and the reorganization of his spiritual forces, which took place immediately afterward, very little is known. His very name of Joshua has come down to us only in the Greek form Jesus. Beyond that we have the mere mention of his parents, Joseph and Mary, his brothers, James and Juda, Simon and Josés, and unnamed sisters.

There is a tradition that he was born in Bethlehem while his mother was on a journey, all of which is set down with great circumstantiality by one Luke, a physician writing in the last quarter of the first century; but if this is true, Jesus never referred to the place and never revisited it. He was brought up in the hill town of Nazareth to his father's trade of carpenter. This much seems certain.

For the rest, we have a great body of legends such as collect readily about any man of singular gift or destiny. These in their place should be examined; for the light they throw on the way in which, within a generation after his death, he came to be regarded, they have much to commend them. But of plain fact there is this precisely: a young Jew, something under thirty, of the better class of workingmen, by name Joshua Ben Joseph, receiving the rite of baptism from a wild anchorite on the mud banks of a muddy river. . . .
—Mary Austin in "North American Review."

When Food Becomes a Poison

NO food, animal or vegetable, that is used by man, is a poison per se. If it becomes a poison, it must be when it has undergone the change of decay which renders it unfit as a food; or when it is eaten beyond the digestive capacity, and is forced into an artificial decay; or the system is so enervated that it has not power to rid itself of the eliminative products, and they are retained to further poison and enervate.—J. H. Tilden, M.D., in "Food."

Why?

THIS nation assuredly, if it is wise, will drop the theory that life here represents unbounded opportunities for comfort and happiness to all the citizens of the United States. It no longer does, if it ever did. It leaves a large part of its workers dependent upon fixed standards of pay, and if those standards do not permit of comfort and security, there is no escape for the persons governed by them.—Chicago Tribune.

Honey

HONEY might take the place of other forms of sweetening for many purposes, to the great advantage of health. In cake-making, candy-making and preserving it is most delicious, and it makes the most delectable of all syrups.

A doctor of forty years' practice is quoted as saying that he has never known of a honey eater having Bright's disease—that honey is far more healthful than sugar.—Exchange.

BRAIN AND BRAWN is one of those naturopathic, drugless literary productions which not only excels in comprehensible, reasonable language, but also in fine, regardful tact, never giving itself away with low and passionate expression and yet always hitting the nail on the head.—The Naturopath.

A Courageous and Humane Girl

MISS HAZEL LOVELACE, of Lemoore, who has been camping in Circle Meadows, deserves a Carnegie medal for heroism, according to friends who returned to the forest headquarters today, bringing a story of Miss Lovelace's exploit in saving a fawn a few weeks old from the clutches of a black bear.

According to Miss Lovelace's campmates, she was riding through the meadows and saw the fawn in the bear's grip. Spurring her horse toward the bear at full speed, Miss Lovelace shrieked with such effect that the bear dropped the deer and ran.

Miss Lovelace completed her performance by placing the fawn in a clump of underbrush from which the terrified mother of the little animal had been watching the impending death of her offspring.—Los Angeles Times.

Stuffed Peppers

THERE is an appetizing and nourishing dish, made by my wife, and eaten by me. My wife prefers beefsteak:

Take six medium sized bell peppers, cut off the tops, scoop out the seeds and wash—not the seeds but the peppers. For stuffing mix together one cup of toasted bread crumbs, one egg, one cup of milk, two ounces of cheese, a little onion juice, and a dash of red pepper. Fill. Bake very slowly for one hour in a covered, round pudding dish, containing an inch of water.

A Japanese Opinion

THE Yorozu Choho of Tokio, commenting on the probable results of the European war, affirms that the conflict has exposed the weakness of Christian civilization and that the claim of superiority of the white over the colored races has no strong ground for support. It says that Christian pride and prejudice are destined to lose their influence and that Christ, Confucius and Mohammed will receive the same degree of recognition everywhere. It closes by saying that this is a tendency which deserves to be considered a step forward in realizing the principle of universal brotherhood.—Tokio News Dispatch.

Chinese farmers sell eggs at from 3 1-3 to 5 1-4 cents a dozen.

Profitable Publicity

Experienced advertisers know that there is quality as well as quantity in circulation. Ten thousand copies, carefully read, do you more good than a hundred thousand glanced through and cast on a car seat, or in a waste basket.

Brain and Brawn is read and reread, from cover to cover, by thrifty people who think. They lend it to their friends. They read the advertisements also, and believe them, knowing they are censored.

It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

FOOD PRODUCTS; Henry C. Sherman, Ph.D.; The MacMillan Co., New York; 520 pp. Price \$2.25.

The author is professor of chemistry in Columbia University. Following are titles of the twelve chapters:

The Principal Constituents and Functions of Foods; Food Legislation; Milk; Cheese and Miscellaneous Milk Products; Eggs; Meats and Meat Products; Poultry, Game, Fish, and Shellfish; Grain Products; Vegetables, Fruits, and Nuts; Edible Fats and Oils; Sugars, Sirups, and Confectionery. There are also five appendices, as follows:

Rules and Regulations for the Enforcement of the Food and Drugs Act; Food Inspection Decisions; Methods and Standards for the Production and Distribution of Certified Milk; Meat Inspection Law and Regulations; Table of 100-Calorie Portions.

This is a book for advanced students of food. It contains a great number of tables. The author appreciates the value of the organic salts in food. Reference is made to several hundred books on the subject of foods, from which the author has gathered much of his information.

THE ART AND ETHICS OF DRESS, As Related to Efficiency and Economy; Eva Olney Farnsworth; Paul Elder & Co., publishers, San Francisco; 56 pp.; price \$1.00 net.

One might have supposed that, with the assumption of male privileges, women would also have claimed the privilege of dressing comfortably and healthfully. There are, however, so far, few signs of such a movement. With few exceptions, women still hasten to adopt fashions that are harmful to the health and offensive to the eyes of those who can see as well as look. Until the end of the eighteenth century men were also open to this criticism, but they have reformed.

Some years ago the author of this little book undertook to solve the problem of underclothing for women, and was led from that to further investigations. She discusses dress from the viewpoint of fitness, beauty, and ethics. Also has something to say about an ideal under-garment she has designed. She quotes Worth as saying that the best dressed women in Paris never buy over three dresses a year. They are, however, perfect in fit, in material, and in taste. The author says she has a dress she bought five years ago, and still feels well dressed among those who dress the best, although not the slightest change or repair has been made in it.

The book is artistically printed and bound, and contains thirteen full page illustrations by a master hand, which means that the figures do not look like those that one sees in fashion plates. I recommend this book to my women readers.

If you are in doubt as to what war really is, read "The Human Slaughterhouse." For sale by C. C. Parker, the Bookseller, Broadway, Los Angeles.

A STUFFED CLUB; Vol. 15, 1914-1915; J. H. Tilden, M.D., Denver, Colo.; 576 pp.; price \$2.00.

I do not know what more I can say about Dr. Tilden's magazine—now called "The Philosophy of Health"—than I have said many times. Those who enjoy **BRAIN AND BRAWN** should enjoy the "Philosophy," and vice versa. Dr. Tilden possesses the advantage of having had thirty years' of "regular" practice before he saw the light. Any who read these two magazines for a year, and continue to "enjoy" bad health, have only themselves to blame.

EYE GLADNESS; Harry H. Howey, Opt.D., booklet; published by the author, South Haven, Mich.; price 25 cents.

This is a concise and practical course of eye culture. The advice given by the author is eminently sound. He recognizes the fact that most eye troubles are caused by wrong eating. The local treatments recommended are simple, and if persisted in will prove efficacious.

I recommend all my readers, whose eyes are weak, to send for this booklet.

NIACRUTAGA PANO; W. W. Trainer; Published by Fraser, Asher & Co., 4 York St., Glasgow, Scotland; booklet, 60 pp., price 1 shilling.

My familiarity with half a dozen languages enables me to make out the contents of this book in Esperanto fairly well, although I cannot read it freely. The translation of the title is "Our Daily Bread," and it consists of a collection of articles relating to food, with extracts from the writings and speeches of prominent men, all intended to emphasize the importance of the science of human nutrition.

"Rays From the Rose Cross," is a magazine of 52 pages, published by the Rosicrucian Fellowship, of Oceanside, Cal. In addition to the religious teachings, it contains good advice on health subjects.

No. I, Vol. I, for July, 1915, of "The Key to Fundamentals—A Magazine of Revelations of the Underlying Principles of Nature, Life and Mind," has been received. The main object of this magazine is stated to be "to teach equi-normality, or equi-poise between the sub-normal and the super-normal, by imparting a knowledge of the law of inversion." Published at 311 4th Avenue, New York; \$1.00 a year; single copies 10c.

Macaulay said that Don Quixote is "the best novel in the world, beyond any comparison."

Two Special Book Offers

I. DR. FOOTE'S HOME CYCLOPEDIA OF POPULAR MEDICAL SOCIAL AND SEXUAL SCIENCE. Four volumes in one; 1248 pages, 400 illustrations, including 18 full page color plates. Price, \$2.00 by mail.

II. HOW HEALTH HAPPENS, by Edward Elmer Keeler, M. D., 250 pages. Valuable suggestions for the acquirement and retention of health. The writer is in entire accordance with the teachings of this magazine. Price, \$2.15 by mail.

By special arrangement with the publishers, we are enabled, for a few months, to offer a year's subscription to **Brain and Brawn**, free, with either of these books.

BRAIN & BRAWN; Chamber of Commerce Building, Los Angeles, Cal.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

TWO OF A KIND.

S. R.—I consider it a waste of time and space to criticize the sayings of such men as Billy Sunday and Woods Hutchinson. They are two of a kind. One is a religious faker, the other a medical faker. They both make money by fooling the people. One scares his hearers with hell fire, the other tells his readers they may eat what and as much as they like, and be healthy. I can understand their game. What I do not understand is that intelligent editors should print Hutchinson's rot and self-respecting parsons welcome Sunday's vulgarity.

FRUIT AND FASTING.

A physician said to me today: "You are a crazy man. Who told you to fast? Don't you know that living without nourishment for ten days would sap the vitality of the body to such an extent that you would come down with pneumonia, perhaps, or contract almost any kind of disease, or catch infection out of the atmosphere. And as to fruit, there is no nourishment in fruit. What you want is plenty of good, clean, nourishing food, to build you up."

If you will straighten this man out with an article, I will guarantee to show it to half the population of Helena.—George P. Smith, Helena, Mont.

This man displays ignorance of the laws of health common to physicians of the Woods Hutchinson type. Thousands have been cured of chronic disease of long standing by fasts of ten days to ten weeks, after having been given up as hopeless by "regular" physicians.

As to fruit; to say there is no nourishment in it, is of course, absurd. In a mild climate, a person could live on fruit alone, for an indefinite period, as many millions of people do. A pound of apples contains two and one-half ounces of nourishment. A pound of beefsteak contains four and one-half ounces of nourishment. Therefore, two pounds of apples contain one-fourth more nourishment than one pound of beefsteak. A pound of potatoes contains more nourishment than a pound of beefsteak.

Tell your physician to join the kindergarten class of dietetics and learn something.

WANDERING PAINS.

R. C. T.—The wandering pains of which you complain—sometimes in one part of the body, sometimes in another—are due to the presence of gas, which presses in all directions. This is due to food which rots and ferments, instead of digesting. This, again, is due to wrong diet. Before I can advise you, I should have to know just how, when and what you eat.

MALT TONIC.

R. L. W.—Yes, we advertise Malt Tonic, containing about three per cent. of alcohol, but we do not advertise patent medicines, containing twenty per cent "and up," or "Murphy's Malt Whisky," containing about fifty per cent.

If people would drink more malt, and less tea and coffee, it would be good for their health.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the traffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

ROMAN BATHS.

In the July issue of BRAIN AND BRAWN I notice a discrepancy. You say in the article on "Physical Depravity" that the baths of Emperor Diocletian was capable of accommodating 18,000 bathers at one time. The truth is that these baths could accommodate 3000. The baths of Caracalla, just off the Appian Way outside the walls of Rome, could accommodate 1400, though they were vastly larger in extent than those of Diocletian.

Of course, it is to be understood that these baths were not baths in the modern sense of the word, but club-houses, upon a scale of grandeur and luxury not rivalled in modern times. Some of the most glorious art treasures of antiquity, which are today found scattered through the museums of Europe, once occupied prominent positions in the Roman Baths.—B. R. Baumgardt, 626 W. 30th St., Los Angeles.

FROM A BROTHER EDITOR.

I feel moved to write you a letter of congratulation anent the virile spirit that BRAIN AND BRAWN constantly displays. I read your August number last night and I don't think I skipped a line. There's not a great number of our several hundred exchanges of which I can say this.—John Brennan, Managing Editor Physical Culture.

TOO MUCH TO EXPECT.

Thanks for notice of expiration of my subscription to BRAIN AND BRAWN. It is classed amongst my necessary periodicals, consequently I look for it each month, eagerly. A man of your long standing and seemingly, inexhaustible vital energy, should live 100 years longer, for the betterment of humanity generally, and for the casting out of things obnoxious.—A. C. E. Hamblett, Guantanamo Bay, Cuba.

CONGRATULATIONS AND SUBSCRIPTIONS.

I have just finished reading the June number of BRAIN AND BRAWN, and must say, that my old opinion that the magazine is getting better right along, is confirmed. I note that with the present number the magazine celebrates its fourth birthday. With my congratulations I send you four new subscribers—one for each year of the magazine's age.—S. Sampson, N.D., 4433 Prairie Ave., Chicago, Ill.

PRACTICAL APPRECIATION.

Find enclosed check for four fifty, for June advertisement. I have given all the copies out to my patients, and am trying my best to get subscribers for you. I think the suggestions I find in your little magazine worth its weight in gold. Every intelligent man and woman should subscribe.—Dr. H. Luntz, Philadelphia, Pa.

GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

HOME CYCLOPEDIA OF MEDICAL, SOCIAL AND SEXUAL SCIENCE; Edward B. Foote, M.D. 1250 pp. many illustrations..... \$2.00

Four books in one volume. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.

ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D. 360 pp..... \$1.65

This is one of the very best books I know on diet and general health measures.

WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp..... \$0.85

The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.

DISEASES OF WOMEN AND EASY CHILDBIRTH; J. H. Tilden, M.D.; 185 pp..... \$1.50

Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."

GONORRHEA AND SYPHILIS; J. H. Tilden, M.D.; 188 pp..... \$2.50

In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.

HOW NATURE CURES; Emmet Densmore, M.D.; 413 pp..... \$2.65

The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.

VITALITY, FASTING AND NUTRITION; Hereward Carrington. 650 pp..... \$5.25

One of the most remarkable books ever written on these subjects. A complete guide to fasting and much more than that.

FOOD; J. H. Tilden, M.D. 260 pp..... \$2.65

This I regard as the best book on the subject of diet. Tilden gives you the "Cause of the cause."

THE SEXUAL INSTINCT; James Foster Scott, M.D. 473 pp..... \$2.20

A plain talk on one of the most important subjects affecting the human race. Written in simple, yet scientific style.

HOW HEALTH HAPPENS; Edward Elmer Keeler, M.D. 250 pp..... \$2.15

Valuable suggestions for the acquirement and retention of health. The writer is in entire accordance with the teachings of this magazine.

THE FOUNDATION OF ALL REFORM; booklet, 66 pp., with The Folly of Meat Eating, pamphlet, 16 pp.; Otto Carque; both..... \$0.40

Two of the clearest and most instructive short expositions ever put forth of the advantages of a non-flesh dietary.

THE NATURE CURE; H. Lindlahr, M.D. 450 pp..... \$2.15

One of the best books on the Natural Method of Healing. Dr. Lindlahr runs a well known sanatorium and college in Chicago.

YOUR CHILD; TODAY AND TOMORROW; Sidonie Gruenberg; 234 pp. illustrated..... \$1.35

A sensible guide to the mental and moral training of children, including the sex problem. Invaluable to mothers. I highly commend it.

HEALTH AND EFFICIENCY; R. L. Alsaker, M.D., 400 pp..... \$2.50

An eminently sound book on the care of the body in health and disease, with especial reference to diet.

**Address Orders to BRAIN AND BRAWN, Chamber of
Commerce Building, Los Angeles, Cal.**

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook D.D.

The Healing Art

Nature, Not the Physician, Cures.—
Hippocrates.

HEALTH RESORTS.

Many Eastern readers of **BRAIN AND BRAWN** have come, or are coming, to California during this Exposition year. Some seek pleasure, others health; and some seek both. For their benefit, I will say here a few words about places advertised in **BRAIN AND BRAWN**, where you may find natural methods of aiding the California climate to restore health and vigor.

To begin with, is it "sanatorium" or "sanitarium?" You will find it spelled both ways. Referring to the dictionary—and we must all, more or less bow to the tyranny of the dictionary—we find that "sanitarium" is a healthy place, as, for instance, Los Angeles, or Denver, while "sanatorium" is an establishment where one goes to be cured of disease. There is no such word as "sanitorium."

Dr. Carl Schultz's place is located in the heart of Los Angeles, within a mile of the business center. It is a well appointed, three-story building, with sunny rooms, steam heat, porches and garden. Here you may find all methods of natural healing. In connection is a training school for nurses, hydrotherapists and masseurs. There is also a maternity cottage, separate from the main building, quiet and restful.

The German Sanatorium, conducted by Dr. Gernhardt, is a quiet, home-like place, with large grounds, lawn and shade trees. It is located in one of the best residence districts of Los Angeles, ten minutes' ride from the business center, by electric car. Rational diet is a specialty at this establishment, together with other natural methods of aiding nature.

The Long Beach Sanatorium is about a mile from the ocean, enjoying modified sea breezes. It is a large imposing edifice. Many people go there to learn the right way of living. W. Ray Simpson, the manager, who was formerly in charge of the sanatorium at Glendale, Cal., is a good hygienist, as well as a good business man.

Out in the foothills of the Sierra Madre valley, near Pasadena, in a large vineyard, is the Caldwell Health Home. Here you may have fasting, milk diet, grape diet, sun, air and steam baths.

"Mt. Ecclesia" is a rest and convalescent home on the coast of San

Diego county, near Oceanside. The diet is fleshless. Charges are very reasonable.

Tell Berggren, of Coronado Beach, is not at present advertising in **BRAIN AND BRAWN**, but he has done so, and will do so again. He has an ideal open air resort, on the shores of the beautiful bay of San Diego. Dr. Berggren is thoroughly efficient, being a graduate of institutions in Sweden, where, as I said last month, they have brought the science of physical culture to the highest grade of perfection.

Before concluding, I wish to draw the attention of the many readers of **BRAIN AND BRAWN** in the middle west, to Dr. Lindlahr's Sanatorium in Chicago, with a branch located a short distance away, in the country. Dr. Lindlahr is thoroughly grounded in the laws of health. He treats chronic diseases by natural methods, including vegetarianism, diet, rational fasting, hydrotherapy, massage, osteopathy, chiropractic, mental therapeutics, curative gymnastics, air and sun baths, and herb remedies.

NEW SCHOOL OF OSTEOPATHY.

While the "regulars" are gradually giving up drugs, in favor of serums, osteopaths, on the other hand, seem to be drifting more toward drugs and operations. This has led a number of Los Angeles osteopaths to secede from the State Osteopathic Association, and organize the "A. T. Still Osteopathic Welfare Association of California." Dr. Nettie Olds-Haight, who was elected president, is quoted in the Los Angeles Times as saying:

"The trouble started when the State Association passed resolutions commending the curriculum of the College of Osteopathic Physicians and Surgeons of this city. This curriculum contains 250 hours of drug subjects, materia medica, pharmacology and prescription-writing, and but fifty-four hours of physical therapy. Osteopathy, as such, isn't even mentioned.

"Now, we believe osteopathy is a new, independent, self-sufficient school of medicine; that it is strong enough to stand alone; that there should be no compromise with the adherents of drug methods of healing. The result was that the time came for a break with the State Association."

Officers elected for the new association are: President, Dr. Nettie Olds-Haight, Los Angeles; first vice-president, Dr. W. E. Christensen, Long Beach; second vice-president, Dr. Isabel Austin, San Diego; secretary, Dr.

E. R. Lyda, Los Angeles; and treasurer, Dr. L. E. Wyckoff, Los Angeles. Dr. Lyda but recently came here from Kirksville, Mo., where he was professor of osteopathic technique in the American School of Osteopathy. It is expected that he will occupy the same chair in a college the new association plans to found.

The president of the new association announced she would donate a tract of land near Redondo Beach for the erection of a hospital. It was also announced that free osteopathic clinics will be opened in this and other cities of the county and State within a short time.

The objects of the new association, as set forth in the constitution, are:

To promote osteopathy as founded and taught by Dr. A. T. Still; to stimulate and encourage original research and investigation, and to establish the Osteopathic Research Institute of the Pacific Coast; to establish free osteopathic clinics in this and other cities of the county and State; to foster and direct a correct public opinion as to the meaning and practice of osteopathy, and as to the relations of the osteopathic profession to society and the State; to establish and maintain an osteopathic publishing company; to establish a lecture bureau to the end that free public lectures may be given in connection with the clinics, in public places and before schools, societies, etc.; to direct the efforts of the profession along lines of just legislation to the end that the best interests of the profession in California may be subserved; to build and maintain a hospital, a sanatorium or a school; and to receive moneys, gifts, endowments, etc., to buy or deal in real estate or other properties to the end that a financial basis may be laid for the carrying out of the above objects.

PRINCIPLE, NOT PERSONS.

In the Naturopath for August, Edward Earle Purinton writes:

"Only an egotist can be a reformer. In the very nature of things, he must believe his way the only right way; and must auto-hypnotize himself into a frenzy of such belief, in order to spill it around broadcast and inoculate people otherwise sane. I have known hundreds of reformers. Almost without exception they have been fanatics. Whether they hoped to save the world

by Christian Science, New Thought, Physical Culture, Vegetarianism, Eugenics, Osteopathy, Chiropractic, Socialism, Baptism, or Buddhism, each apostle was firmly convinced that he alone had the truth, and was competent to apply it.

"We are opposed to liquors and tobacco, food adulterants, hectic novels, and other poisons assailing the human body or mind. But do we realize that denunciation is a poison, a virulent poison, and that most of us have been guilty of scattering it in all directions, with no regard whatever for the laws of common decency? I refer especially to denunciation of druggists, doctors, surgeons, and other exponents of legalized medicine; and I regard this habit of such deadly force in ruining our best work that I would analyze it in full detail."

It is not a question of the personality of physicians. A great many physicians of the regular school—I may say a majority—are good, honest, conscientious men. They believe what they were taught in a medical college, as preachers believe what they were taught in a religious college. It is their system of practice that I, and those who believe with me, attack, not their persons.

Anyone who has had a chance to see the miserable wreckage of humanity, caused by unnecessary surgical operations, injection of poisonous serums, and mal-treatment by drugs, of sick

Protect your health and laugh at old age. That is the expression of thousands.

SINCE DR. LUNTZ PRODUCED THE FAMOUS FLAXOLYN POWDERS, A SUBSTITUTE FOR ALL MEDICINE. Indorsed by the leading stomach specialists of the United States, for Nervous Dyspepsia, Biliousness, Constipation, Gall Stones and Kidney Complaint. Flaxolyn is strictly prepared from herbs, roots and pulverized fruits. To prove the merits of Flaxolyn. If not relieved, money returned. Thirty days' Flaxolyn treatment, \$1.

DR. H. LUNTZ

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Teaches how to make medicines from herbs for all diseases. Over 250 recipes and herb secrets.

Ind. Herb Gardens, Dept. 27, Hammond, Ind.

people, while nature is endeavoring to cure them, must consider himself neglectful of his duty, if he does not bend every effort toward the enlightenment of the public in regard to these errors. Anyone who notes the steady, persistent efforts of a political clique, known as the American Medical Association, to crush opposition, and maintain a monopoly of the healing art, is justified not only in warning, but in giving vent to his indignation.

PYORRHOEA.

Claude Emery Markey, D.D.S., of Pasadena, has published a valuable pamphlet on pyorrhoea, a disease of the mouth that is widely prevalent. Writing in the Ladies' Home Journal for August, a dentist says pyorrhoea, or "Riggs's disease," is the most general disease in the world, a statement that is questionable. Dr. Markey treats pyorrhoea from a rational point of view, as a disease of the system; therefore, not to be permanently cured without regulating the condition of the body.

The latter part of the booklet is devoted to excellent general advice in regard to the care of the body. Dr. Markey has evidently read, with much benefit, **BRAIN AND BRAWN**, and other good health literature. Here is an extract:

"I do not believe that alcohol, as sold over the bar, is our national curse, as I honestly believe more stupor, more anger, more other effects from stimulation of alcohol, are produced right within our own bodies from fermentations and the like, than are produced from drinking liquor."

A BORN FIGHTER.

The Character Builder for July contained a portrait and character delineation of Dr. Carl Schultz, by the editor, Dr. John T. Miller. He writes:

"The photograph accompanying this article shows the characteristics of the typical reformer. The prominent brow and strong comparison show analytical power. The high crown gives determination. The full back head and width between the ears, or the region above, show a good degree of aggressive and defensive energy. The broad experience that Dr. Schultz has had in Europe and America in the healing art and other vocations, has brought into action

AN OPENING

An opportunity is offered for an efficient nurse, cook, housekeeper or manager, willing to work, either to take an interest in a naturopathic sanatorium established nearly 15 years, or to take over, on her own account, the boarding and sick room departments. A good chance to make money. The proprietor is too busy with patients to look after these departments. Amount required from \$2500 to \$3000. Part might be paid in installments.

Address "Sanatorium" care of Brain and Brawn, Chamber of Commerce Building, Los Angeles.

FOOD CHEMISTRY

The Science of Food Selection, is the title of my little booklet, explaining my system of treating disease and rebuilding the human body by proper food, scientifically selected, proportioned and combined, to suit the various conditions of age, climate and work. This science is founded upon the theory that disease is the result of a deficiency of certain chemical elements in the body, caused by wrong foods and wrong combinations thereof, and can be cured only by balancing the diet, to supply the needed elements, thus restoring the body equilibrium. Booklet explaining all sent free for two cent stamp, to cover cost of mailing.

C. E. HARRIS, F. S. D.,
Bridge Station, St. Louis, Mo.

DR. C. E. MARKEY
DENTIST
712 Central Building
PASADENA, CAL.

EARNEST MEN AND WOMEN

Who are interested in the solution of the GREAT WORLD-PROBLEMS and are capable of making an earnest effort to attain their highest physical, mental and esoteric aspirations, or believe themselves to possess special qualifications for the service of mankind, are invited to communicate with K. A. J., care of P. O. Box 625, Tampa, Florida, U. S. A.



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his analytical, constructive and defensive qualities. He spent four years in the German army, and from early boyhood led a strenuous life which has not grown less strenuous up to the present time."

In other words, Dr. Schultz is a born fighter.

THE "HEALTHY HOME."

W. H. Brock, of Athol, Mass., publisher of The Healthy Home, was among the Eastern visitors who passed through Los Angeles last month. The subscription and advertising business of this publication is almost entirely confined to New England. Mr. Brock says he could easily make it a national magazine, but it would involve a lot more work, and he has enough income, and does not care to do it. Wise man. He claims a circulation of 22,000.

"NEUROPATHIC INSTITUTE."

Dr. A. P. Davis wishes to correct a statement made in the August BRAIN AND BRAWN, copied from a daily paper, of this city. He is no longer associated with the "Neuropathic Institute" as president. Nor is he in any way associated with R. J. Meenan, the person who secured the charter for that institute. The rooms secured by Meenan in the Kingsley Building at 719 West 7th St. are vacated.

Dr. A. P. Davis can be found at any time at the College of Neuropathy, 154 West 23rd St., where he has been since his return to this city, four years ago.

DR. E. E. KEELER.

I had the pleasure of a call from E. E. Keeler, M.D., of Syracuse, N. Y. Dr. Keeler conducts an "International Health League," and publishes a little monthly magazine. He is also author of the interesting and valuable book "How Health Happens," which I have reviewed in BRAIN AND BRAWN. Dr. Keeler will take in San Francisco, and perhaps also, British Columbia and Alaska, before returning home. He looked healthy and happy.

IN OAKLAND.

Needing more commodious quarters, Dr. Harry D. Reynard, naprapathic physician, of Oakland, Cal., has removed to rooms 604, 605 and 606 in the First Savings Bank Building, at San Pablo avenue and Sixteenth Street. Dr. Reynard specializes in the spine, nerves and eyes.

GOOD SUGGESTIONS

Hester L. Abbott, D.O., has published a neatly printed booklet of 48 pages, entitled "Suggestions; which, if followed, will aid in recovering and maintaining health." Among other things, the author discusses diet, care of the feet, elimination, exercise, and the hair. Under the head of diet she emphasizes the importance of eating few foods at a meal or still better, eating only one thing at a time. Price 75c.—Brain and Brawn.

Address Dr. Hester L. Abbott, 712 Union Oil Bldg., Los Angeles.

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is good for any wrong condition of the body, such as anemia, indigestion, common stomach troubles, liver and kidney affections, rheumatism eczema and other skin diseases, high and low blood pressure and certain forms of heart diseases, constipation, etc. Those wishing to gain weight address

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[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

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Prof. B. H. Jones, of Pittsburg, offers valuable literature on the care of the body at greatly reduced prices. See his announcement.

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An increasing number of advertisers are finding that it pays to run small announcements in **BRAIN AND BRAWN**. That is to say, if they persevere. A single insertion is not a fair test. Among others appearing this month, are announcements of milk diet, of a publication of interest to drugless practitioners, of herbs, and of other things. Read these notices carefully every month.

TURKISH BATHS.

The Sultan Turkish Baths, Los Angeles, is a clean, well ventilated, down-to-date establishment that I can highly recommend to readers. Call and get a good sweat, and a rub down. It will do you good.

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John M. Benjamin, the successful specialist in curing rupture by natural methods, has gone with his family on an automobile trip to San Francisco. He will again welcome **BRAIN AND BRAWN** readers after September 16.

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THE honey must first be soaked in water at a temperature of about 70 degrees to cause its life germs to sprout, the same as we soak corn or beans in water to cause them to sprout before they are planted in the ground. When the body is diseased it is unable to furnish the proper heat to do this sprouting. It must be done artificially. The spores will start first and rise to the top of the water and be carried away by the air.

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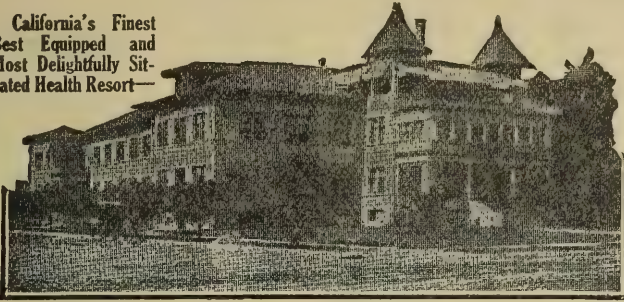
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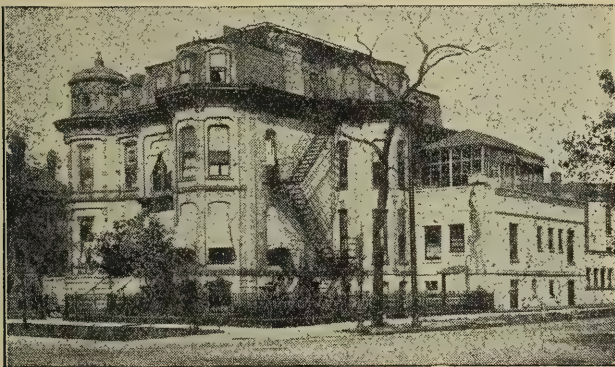
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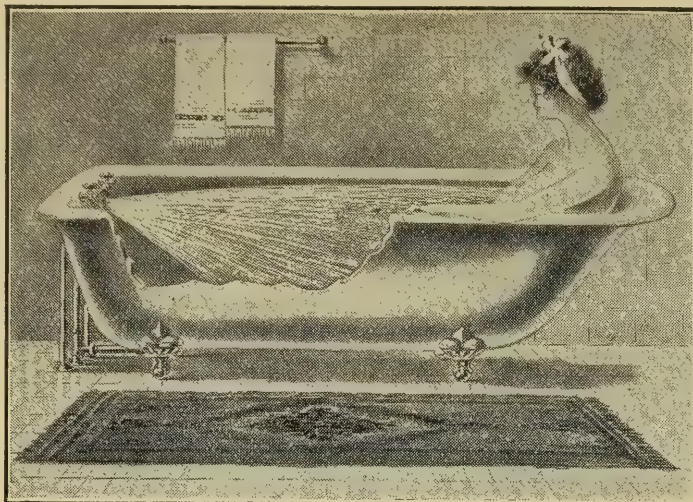
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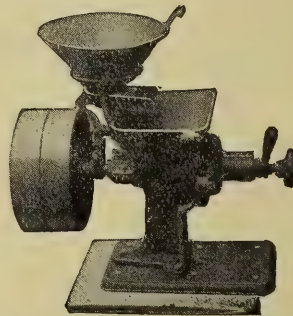
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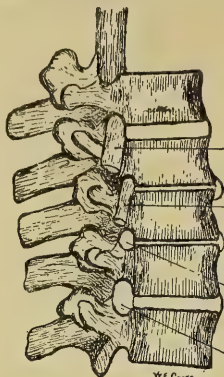
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CHICAGO

Brain and Brawn

OCTOBER, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

Published Monthly by the Naturopathic Publishing Company, Inc.

Carl Schultz, N. D., President and Gen. Manager, Geo. B. Abbott, Secy.; Chamber of Commerce Bldg., Los Angeles, Cal. Tel. (Sunset) Main 5364

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NOTE: Unless otherwise credited all articles are by the editor.

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A MAGAZINE FOR THOSE WHO THINK.

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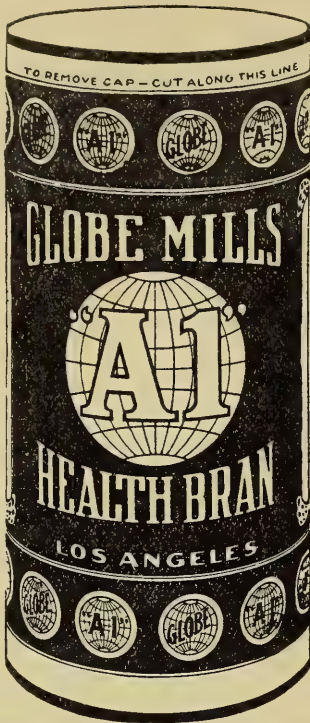
BRAIN AND BRAWN is devoted to the instruction of the people in regard to the Nature Cure, or drugless method of healing disease; the combating of medical errors; the advocacy of pure foods; exposure of quacks, "regular" and "irregular," eugenics, or the right of a woman to control her own body, and the right of a child to be well born; the "back to the land," idea; the simple life, and the uplift of humanity.

BRAIN AND BRAWN does not confine itself to subjects relating directly to the care of the body, or mind, but touches, in a crisp, incisive, readable way, on all matters of public interest.

BRAIN AND BRAWN, while not distinctively a California magazine, for its field is the world, yet has a decidedly California flavor. It tells the truth plainly and fearlessly about conditions and prospects in California, where the editor has resided nearly forty years.

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Vol. IV

LOS ANGELES, OCTOBER, 1915

No. 5

The Cause of Disease

IN these days of image breaking, many "facts" of history are being discussed and dissected, and some of them proven to be myths.

So, in regard to the human body. In the light of rational, unbiased investigation, by men who think and have no regard for "authorities," many statements accepted as primary facts are being thrust into the discard.

Are the "leucocytes," or "phagocytes," or "beneficent white blood corpuscles" to go that way? Are they friends or foes? For many years we have read how these helpful "policemen of the blood" arrest and devour bold, bad bacteria, and we have even seen them doing it—or seeming to do it—in moving picture films, subsidized by the Medical Trust. Now come iconoclasts and declare that this is wrong, that these so-called "white blood corpuscles" are the cause of all disease.

In the New York Medical Journal for March 8, 1913, Thomas Powell, M.D., of Los Angeles, had a paper, since reprinted in pamphlet form, on the so-called white blood corpuscles, in which he contended that they are composed of partially digested food, mainly protein, and that they owe their activities, not to the forces of life, but to chemical dissolution. Six years ago Dr. Powell wrote a book of 600 pages, to elucidate this theory, in which he gave the name of "pathogen" to the white waste substance in the blood. I refer to the book elsewhere.

It was Metchnikoff who first "discovered" the great work done by the "phagocytes," and what Metchnikoff says is, of course, law. So great was the impression made by his discovery, that many surgeons abandoned antiseptics, for fear of killing the phagocytes. Metchnikoff is also the discoverer of the Bulgarian buttermilk bacillus, now going out of medical fashion, since it has been discovered that Bulgarians do not use much buttermilk. They do, however, use a lot of garlic. Perhaps we should have a garlic boom, were it not that there is no money in that. Besides, garlic is vulgar.

However, to return to our "policemen of the body." As long ago as 1866, Joseph Wallace, of England, showed that the white blood corpuscles are globules of waste matter, in process of elimination—globules of filth, corrupting the body. This is the doctrine set forth by Dr. Powell, in his book.

A fact about these white corpuscles, that seems to have escaped medical notice, is that they become more numerous as a person gets sick, and decline in number as he improves in health. They are, indeed, the cause of disease, from constipation to cancer. In proportion as a person's blood is free of these morbid substances, he is well. Dr. Powell shows that even impotency is due mainly to obstruction of the blood vessels by "pathogen," a substance which he thus describes:

Pathogen is nothing more nor less than partially digested organic matter—that portion of the ingesta which had been sufficiently liquified to enable it to find its way into the circulating system, but not enough so to enable it to pass through the infinitely finer tissues of which the walls of the nutritive cells of the living organism are composed. In other words, pathogen is derived from those constituents of the ingesta that the digestive apparatus cannot for any reason reduce to the perfectly dialyzable and non-coagulable state. In short, pathogen is material which has not been reduced to peptone. . . . The indiscriminate use of substances containing fibrous tissue, cellulose, and imperfectly cooked starch granules is chiefly responsible for the production of pathogen, and this in turn for the appalling increase of disease which has occurred in the last fifty years.

To this Dr. Powell might have added the mixing of a great variety of incompatible foods that do not digest, but ferment. Dr. Thomas Allen, of Eureka Springs, claims that this is the main cause of cancer. We know that hogs, made omnivorous by man, are more subject to disease than any other animal. As I mentioned in the July number, dietetic treatment of cancer has been introduced in two of the leading New York hospitals.

There was recently published, in the *Naturopath*, of New York, a series of interesting articles by Arnold Ehret, translated into faulty English, under the title "Rational Fasting—Regeneration Diet and Natural Cure for all Diseases." They have since been published in booklet form.* Ehret is regarded as one of the foremost German authorities on diet. He has been for several months in California, and recently said that he intends to live for a hundred days on fruit alone. In this climate, he may easily do so. He has a fruitarian sanatorium at Lugano, in Switzerland, and may start one in Southern California. In his booklet, Ehret claims that the white corpuscles are mucus in the blood, formed principally from the remains of starch food. Like Powell, he declares that this clogging of the circulation is the cause of all disease. He says Hippocrates recognized this disease matter. Ehret does not approve of meat, but thinks it is less harmful than starch, in which he agrees with J. H. Tilden, M.D., of Denver, who asserts that for every one in America suffering from meat poisoning, there are a hundred victims of starch poisoning. Ehret writes:

If potatoes, meal, rice or the meat-materials are boiled long enough, we get a jelly-like slime (mucus) or paste, used by bookbinders and carpenters. This mucous substance soon becomes sour, ferments, and forms a bed for fungi, moulds and bacilli. In digestion, which is a boiling, a combustion, this slime or paste is secreted in the same manner, for the blood can use only the sugar transformed from starch. The secreted matter, the superfluous produce, this paste or slime, is a foreign matter to the body, and must be excreted. It is, therefore, easy to understand that in the course of life the intestines and stomach become gradually pasted and slimed up to such an extent that this material turns into fermentation, clogs up the blood-vessels and finally decomposes the stagnating blood.

If figs, dates or grapes are boiled down thick enough we get a syrup, which does not turn to fermentation and never secretes slime. Fruit-sugar, the most important aliment for the blood, is also sticky, it is true, but is completely used up by the body as the highest form of fuel, leaving for excretion only traces of cellulose, which are promptly excreted, and do not ferment. Boiled-down sugar, owing to its resistance against fermentation, is even used for the preservation of food.

Ehret's contention is, in brief, that there exists in the human organism a tendency to secrete mucus, and in a more advanced stage,

*Published by Benedict Lust, Butler, N. J., price 50c, postpaid.

pus. On a later page I reproduce statements by him, describing remarkable experiences he has had while living on a mucus-free diet. For those who think it impossible to give up mucus-forming food, he advises that they chew their food thoroughly, or "fletcherize" it, the strong secretion of saliva in slow chewing decreasing the formation of mucus, also preventing over-eating.

Why not say that this white waste matter comes from over-eating both protein and starch, and from a mixture of incompatible foods, that ferment, instead of digesting? I maintain that both protein and starch should be used in great moderation, starch only when it has first been thoroughly dextrinized by dry heat. When people live, as Americans do, largely on meat, which is nearly all protein, and white bread and potatoes, nearly all starch, is it any wonder that "white blood corpuscles," or waste matter, should accumulate in the blood, and perfect health be rare?

Of late there has been a growing tendency to attribute all disease to auto-intoxication, from the accumulation of foulness in the colon. Dr. J. H. Tilden claims to have been the first to have advanced this theory, which has since been popularized by Metchnikoff and Dr. Kellogg, of Battle Creek. The "pathogen" theory does not conflict with the theory of auto-intoxication, because, when there is no mucus in the blood, and consequently no blocking up of the capillaries, there will be no accumulation of morbid matter in the colon.

This theory explains, in a simple and logical manner, the cause of all disease. The secret of health is contained in two words—alimentation and elimination—the eating of natural foods in moderate quantity, and proper combination, and the getting rid of waste matter, through the various depurative organs. When the spine is out of order, it should be adjusted.

The medical fraternity will ignore these statements, because they are simple, but some day they will be confirmed by an "eminent medical authority," and acclaimed as a "wonderful discovery of medical science."

How far from the truth the medical fraternity is at present, is shown by an announcement that the Rockefeller Institute has made another discovery, whereby it is hoped immunity from cancer may be obtained. The investigation covered a period of two years. A dispatch says: "They discovered that in the white lymph cells of the blood there are the necessary factors in making animals immune from cancer. A decided increase of the white lymph cells gives absolute immunity, the physicians declare they ascertained." More filth, more immunity.

These "researchers" have several more guesses coming to them.

The great mass of people—and not simply common people, but people active and influential in intellectual things—are still quite untrained in the methods of thought, and absolutely innocent of any criticism of method. It is scarcely a caricature to call their thinking a crazy patchwork, discontinuous and chaotic. They arrive at conclusions by a kind of accident, and do not suspect any other way may be found to their attainment.—H. G. Wells.

There is no virtue in believing.—Arnold Bennett.

Hotels for Poor Men

A FEW months ago I referred to the opening, in Chicago, of a hotel for poor men, built by Charles G. Daws, as a memorial to his son, Rufus Fearing Daws, who was drowned in 1912. In much the same way Crittenden established the Crittenden homes, in memory of his daughter, Florence, who died. Another Daws hotel is about to be built in Boston. A picture, in the Literary Digest, shows a handsome four-story and basement building, of brick, with cement facings. Architecturally, it would be a credit to any city. It will be followed by others, in leading cities of the country.

This experiment is designed to prove that "as a matter of pure business between men and man, capital can be assured of a good return from an investment in a hotel that will make cleaner living possible for poor transients who are now subjected to the indifference and greed of cheap hotel owners."

The cost of a bed, including shower bath, clean night gowns, and slippers, and use of shaving and toilet utensils, will be ten cents. In the restaurant it will be possible to get a well cooked and nutritious meal for five cents, at which rate experience has demonstrated that a small but certain profit can be made. The result of the first year's operation of the Chicago hotel made it certain that hotels of this class can be managed on a high basis, and yet make a decent return on the money invested. If ten cents is charged for each bed, as will be the rule in the new Boston house, a return of four per cent. on the money invested is guaranteed. As the various hotels in the new chain are erected, the expenses of administration will be reduced, and considerable savings will also be possible, in the purchase of supplies and materials on a wholesale scale.

The Chicago hotel entertained 180,000 guests during the first year of its establishment, and served 60,000 meals during the same period.

This is an excellent idea, eliminating charity, and combining philanthropy with a fair rate of interest. These hotels may save thousands of men from insanity or crime.

Wholesale Surgery

IT is about time to put a curb on misguided millionaire benevolence. Rockefeller's wealth is used to subsidize "medical research," which means the excruciating torture of animals, for the purpose of developing misleading methods of treating human beings, and the subsidizing of colleges, to maintain purchased professors. Now, we are told that Mrs. E. H. Harriman, with Rockefeller and Carnegie, propose to expend many millions of dollars in an effort "to discover what is the matter with the human race,"—and incidentally, to adopt the favorite medical method of cutting out symptoms, instead of removing the cause. Briefly, they propose to launch a campaign for the sterilization of 15,000,000 Americans. Some undertaking, that.

A dispatch from New York states that during the past four years, preliminary work has been quietly conducted. The organization has reached the conclusion that sterilizing defectives is the greatest work before them. The Committee on Sterilization, in its report, "demands"

the sterilization of 92,400 persons in this country this year, and estimates that it will be essential to treat, annually, an increasing number, as the population increases, until, in 1980, 415,000 persons in the United States alone, will be sterilized every year. Then, we are told, "there will have developed a practically perfect manhood and womanhood." Statistics, we are further told, "reveal the amazing fact that ten per cent. of the present population of the United States are defectives, who must be blotted out as reproducers of human life." Whether the "defectives" are to have any say in this proceeding, we are not informed.

As I have said, it is really about time that the pernicious activities of these philanthropic millionaires should be curbed. Millionaires are becoming a menace, in more ways than one. Incidentally, this job would give a lot of employment to impecunious political doctors.

I suppose that, by the time a majority of men and women have been sterilized, and deprived of all "superfluous organs," the public may begin to think seriously on this subject, but then it will be too late.

I take it for granted that this project is serious, not a colossal joke.

A thorough course of fasting, diet and water treatment, would restore a majority of these subjects to normal conditions. That, however, is altogether too rational and too simple.

Swimming

ROBERT DOWNING, an eighteen-year-old New York boy, swam completely around Manhattan Island, a distance of forty-five miles, being continuously in the water thirteen hours and forty minutes.

In the Chicago schools swimming is now compulsory. It has been so in Germany for over half a century. It should be so everywhere. Man is the only animal that does not swim naturally.

Women are, nowadays, developing great prowess in swimming, as in other lines of physical activity. Swimming is one of the best forms of exercise. It develops the whole body. It is good not only for the health, but frequently is a means of saving life.

Dangerous Drugs

A NEW MEXICO woman was recently killed, in Los Angeles, by having a prescription wrongly filled at a drug store.

I know of only one real drug store in Los Angeles. There may, perhaps, be two or three more, but it would be hard for a stranger to find them. Nowadays, drug stores make a display of almost anything but drugs. Not content with dispensing unwholesome beverages, several of them are beginning to serve lunch. Fancy eating in a drug store.

People who leave severely alone, all drugs, "ethical" and "unethical," and avoid canned meats and fish, do not need to worry themselves with the fear of being poisoned. They are immune.

No one is useless in the world who lightens the burden of it for any one else.—Charles Dickens.

Man is More than a Machine

A FEW years ago our chief god was Success. Now it is Efficiency, a means to success.

In the August number, writing of efficiency, I said it is a good thing, but may be over-done, that a human being is not a machine, that man needs rest and recuperation, and that to attempt to key every man in a factory up to the speed of the most efficient worker, is bad, both for the employer and for the employed.

Efficiency and success are not praiseworthy of themselves, but for what they produce, if the product is good. A writer on this subject, in "Unity," says:

Today there is no end of discussions of "efficiency." This word slips quickly from every pen and drops with emphasis from every lip. We hear it not only in shop and market, mill and factory, but in college and church. Cities are hiring masters of efficiency to manage their affairs. Our educators are told that they must bend all their efforts to the increase of efficiency. Specialists in this line are founding schools to teach the new art, while experts in this branch are engaged by managers of gigantic industries to turn their searchlights upon these establishments. This spirit has invaded the sanctuary and ministers are implored to apply the science of efficiency to the salvation of souls! All this in a way is good. But what shall the standard of efficiency be? Efficient simply as a mechanic or as a man? Efficient as merely a money maker or as a son of God? Efficient in getting votes is one thing, but efficient in true patriotism is another and nobler enterprise. In much that is written and said on this subject lurks a low, selfish spirit that is really destructive of all high and holy "efficiency of life." Germany has been bending all her energies for forty years to make an "efficient fighting machine." But measured by the devastation of Belgium that efficiency proves a curse to mankind and a lasting shame to the Fatherland.

Edward Fuller says: "Efficiency is the apotheosis of materialism." Vice-President Marshall recently went so far as to say that we must choose between efficiency and liberty. He declared:

We insist on being an efficient people, and we also insist upon being a free people, but we cannot be both. We must take our choice. The German empire and the Mormon church are two of the most efficient organizations on earth, but in both the individual is subservient to the organization. I hope some way may be devised by which we can become more efficient, and yet retain our freedom.

In his book, "The World Storm," writing on "The Moral Failure of Efficiency," Edwin Davies Schoonmaker shows how, for a generation, and especially in Germany, the world has been conceived of primarily as a factory and man as a workman, and that this has made it impossible for him to rise above a mechanical and partial view of life. "For efficiency we have neglected character, for the almighty dollar we are destroying man."

Many inefficient people have contributed greatly to the happiness of the world. Alexander Pope was four feet six inches high, a hunchback, and unable to dress or undress himself. A writer in the New York Times says:

The world owes much to the physically unfit. It would be less worth living in today but for the brilliant consumptives and cripples and blind and deaf men who have enriched it. In our craze for efficiency and for standardizing everything we are in danger of forgetting that there are other things in the world, too.

We cannot do without the consumptive Stevensons, the anemic Voltaires, the deaf Beethovens, the hunchback Alexander Popes, the clubfoot Byrons, the helpless Prescotts. A rule that would have deprived Heine of an educa-

tion would have been costly to the world. Enforced against Alexander H. Stephens, it would have deprived American history of one of its noblest figures.

A newspaper writer refers—apparently with approval—to an author who is so methodical in his habit of writing a page of manuscript every day, that he worked in his study while his wife lay dead downstairs. I would not care to know this man. He is not a man. He is a heartless machine.

In striving for efficiency, let us not forget that man is more than a machine, or we shall run up against snags. A world in which everybody was absolutely efficient would be unbearable.

This is not a plea for inefficiency—for muddling through life. God knows we have enough of that. It is a protest against the smothering of individualism.

Sanitation Versus Serums

THERE is a dispatch from Servia, where typhus fever has been raging:

A new style Order of the Bath has been set up in Servia, not as an order of chivalry, but as a modern sanitary measure aimed against disease in general and the typhus-bearing louse in particular. The International Sanitary Board is responsible for the new order, which is already making a decided change for the better in the health of the Servian people. Dr. Richard Strong, the American who put down the cholera epidemic in the Philippines, and Col. Hunter, the head of the English contingent, have been given a free hand in the cleansing of the country. Sir Ralph Paget, the British Red Cross commissioner, is also active in the sanitary administration of the country.

Again, in a letter from the Belgian lines, along the flooded district north of Dixmude, which lines have practically been stationary for so long a time that the soldiers are beginning to assume the domestic characteristics of settlers, with chicken coops and vegetable gardens, the following statement appears:

Although the mosquitoes, millions of them, make their presence constantly known throughout the flooded areas, the sanitary conditions everywhere are excellent, and the health of the soldiers has been phenomenally good. The fear that contamination of the stagnant flood waters would inevitably lead to epidemics has been neutralized by the excellent work of the Belgian medical and sanitary officers, who, with great care, have removed and destroyed every possible source of contamination, particularly the dead bodies of men and horses, which, for a time, rose frequently to the surface of the waters.

Cleanliness—inner and outer cleanliness—is all anyone can do to “stamp out” epidemics of disease. We need more baths, and brooms, and shovels, and less poisonous drugs and serums; more sanitary engineers and less political doctors. The outbreaks of plague, typhus and cholera, in the Middle Ages, were due to the inexpressibly filthy conditions of living in those days. Owing to increased cleanliness these epidemics have disappeared, except when war, flood or famine have brought on conditions that invite them.

When religion is good it will take care of itself. When it is not able to take care of itself, and God does not see fit to take care of it, so that they have to call upon the civil authorities, for protection, it is evidence to my mind that its cause is a bad one.—Benjamin Franklin.

Twenty Cent Meals

EFFICIENCY has not yet reached the kitchen. Until it does, we cannot look for much reduction in the high cost of living. It has been truthfully said that a French family could live on what an American family wastes. Yet, the French meal is much more savory than the average meal of a fairly well-to-do, middle-class, American family.

Poor people starve themselves with white bread, tea and sugar, when they might have nourishing food for less money.

Peeling potatoes wastes the most valuable part of the tuber, just beneath the skin, where are most of the organic salts. Skimmed milk is a valuable food, now mostly fed to hogs. The only difference between skimmed milk and full milk, is that the former is deprived of four per cent of fat. Stale bread is more wholesome than fresh bread, yet stale bread may be purchased at half price, or less.

It is fortunate that the most wholesome and nourishing foods are the cheapest, but the people do not know this, or when they do know it, they do not know how to prepare them.

A few months ago a young working girl, in Chicago, attempted to take her own life. "Why did you do this?" asked the doctor, who was making what proved a useless attempt to save her. "Doctor," said the girl, "did you ever eat twenty cent dinners?" Commenting on this in the *Woman's Home Companion*, Ida Tarbell writes:

"The wrong that society did her was not in giving her so little money, but in depriving her of the moral and mental training necessary to use, effectively, what she had."

If you know how, it is possible to prepare, for twenty cents, not only a meal, but a day's menu that will be wholesome and appetizing and nourishing.

The schoolmaster is needed in the kitchen.

Parents and Children

THERE is a news item from Martinez, Cal.:

In swearing out warrants for the arrest of Miss Jane Barrett of Concord, and Miss M. R. Barrett of Oakland here, Probation Officer A. J. McMahon began what he believes is the first attempt to prosecute under the law which makes it a crime for children to refuse to aid in the support of their parents.

According to the complaint, the young women induced their mother, Mrs. C. R. Barrett of Concord, to deed over her property to them some time ago and have not contributed to her support since, although she is destitute and over 80 years of age. Mrs. Barrett has been receiving \$15 monthly from the supervisors as a county indigent.

When I was a boy, it was customary for old folks to look forward to the time when their children would support them. Now, too often, children expect the parents to support them, and sometimes their grandchildren, also. This is in keeping with the lack of respect and veneration for the old, characteristic of this strenuous age. We need not worship our departed ancestors, as they do in the Orient, but we might show more respect to our living parents.

Sun Spots

A CORRESPONDENT of a local paper ridicules a statement made by a well known northern professor, to the effect that the present war is caused by sun spots. The statement is not quite so absurd as it appears. The sun is the center of the solar system. Without the sun, all living things on earth would die. All life is due to the sun. At first, human beings worshipped the generative organs, as the source of life, then the sun, and after that, a Creator.

The sun causes atmospheric disturbances through great openings in its gaseous envelope, large enough to let in several globes like the earth. One observed recently was six times the diameter of the earth. Variations in these atmospheric conditions cause epidemics, in those who are not immune, through pure blood. They influence man mentally as well as physically.

Therefore, as I have said, it is not so absurd to suppose that an excess of sun spots may possibly have some effect on the mental condition of a world gone mad with the lust for blood.

This is altogether a different question from astrology, which bears the same relation to astronomy as dreams do to science. The influence of a nearby sun on man is direct, and provable, while the influence of far-away planets is as fanciful as their names.

Society

LAST Sunday, in the society columns of a Los Angeles paper, the word "delightful," as applied to what are known as "social functions," appeared fifty-one times. These society columns are mainly read by those who seek to find their names in them. What is called "Society," is created and kept up by the Sunday papers. Like the lone coyote on the moon-lit plains, "Society" makes much noise, but counts for little, in the real life of the world.

As an example of the problems that engage the attention of "Society," may be cited the following dispatch from New York. It was considered worthy of a framed space, on the first page, of the first part, of a Los Angeles paper:

The "rolled" stocking has died, after a short life, at Atlantic City, and in its stead has come a fad, started among society folk there, of wearing one stocking of one hue and the other of a different color.

As people learn to think for themselves, and become more independent, they choose their own society among those who count, not for what they have, but for what they are.

Millions of school children are being daily inoculated with the false success idea. False success means achievement by beating somebody else. Real success means achievement by doing the best you can. It implies the most perfect discipline of yourself, the highest standards for yourself, and doing the best work of which you are capable. It has nothing to do with excelling any one else.—Dr. Frank Crane.

Try to be happy in this very present moment; and put not off being so to a time to come; as though that time should be of another make from this, which is already come, and is ours.—Fuller.

The Brick Walls of Business

THE folly of the tariff idea was recently exhibited at Long Beach, Cal. The people of that enterprising seaside town have been undergoing a "home products" boom. As a result of active work of the boosting bodies, workers are not asked whether they belong to a union, nor what their religion is, but whether they live in Long Beach. Residents are given preference, and it is hard for an outsider to get a job of any kind. They imposed a tax of \$75 per quarter, in addition to a license of \$5 per month, for each wagon operated by outside bakers, while the local bakers get off almost free of impost. Now, the baking concerns of Los Angeles threaten to order all their employees living in Long Beach to take up their residence in Los Angeles. So you see, a boom may sometimes prove to be a boomerang.

Suppose we should carry the Long Beach tariff idea to its logical conclusion. Then the Pacific Coast would legislate against the transmontane country, each state against every other state, each county against every other county, each city against every other city, each ward against every other ward, and each precinct against every other precinct, which, manifestly, would be absurd.

The tariff is one of the leading causes of war. A tariff is justifiable to encourage infant industries, until they can stand on their feet. As, for instance, chemical products, now made in Germany, and new products of the soil. On the other hand, the steel industry is certainly not an infant. Leaders of that industry testified before Congress that they do not need a tariff. Moreover, a tariff should protect the laboring man as well as the employer; whereas, the steel industry employs illiterate foreigners who cannot speak English, working them twelve hours a day, keeping them in stockades, and treating them like serfs.

Doctors and Diet

IN a Los Angeles evening paper, Dr. Leonard Keene Hirshberg, of Johns Hopkins University, had an article on bread, in which he said that "nearly eighty-five parts of wheat are gluten." Also, that "bran, and other useless stuff, compose about one-quarter of the wheat."

Dr. Hirshberg may be an A.B., and an M.A., and an M.D., but he displays the gross ignorance in regard to the basic facts about food that is so common among medical men. Yet people commit their lives into the charge of these men, who know so little about the building of the body by food. How should they know, when, in a medical college course of four years, perhaps as many hours are devoted to the important subject of diet?

A lawyer does not attempt to take out his own appendix, nor does a surgeon attempt to draw up his own will; but both think they can beat a Wall Street operator at a game which the operator has been studying for years and about which neither lawyers nor doctors know anything.—Roger W. Babson.

A man who means to keep his promise cannot afford to make many.—Beecher.

Food for Cannon

IN the Los Angeles Times, Harry Carr, who has gone to Europe for that paper, reported an interview with Prof. Brandt, one of the best known men of the faculty of the University of Berlin. The professor said: "One of the greatest follies that ever entered the world is the doctrine of the pacificist, who says that this will be the last war. We Germans know, on the contrary, that it is the first of an era of wars."

A pleasant prospect for posterity. Prof. Brandt added that the next war would probably come in the following generation, and that it will be a far worse war than this, more terrible in every way. Also, he called attention to the fact that, in order to provide soldiers for the next generation, large numbers of the finest and healthiest Germans are allowed to come home on furlough, at frequent intervals, to their wives.

It is about time that women should go on a strike against this monstrous business of permitting themselves to be made the means of providing food for cannon.

Precedent

A FORMER Emperor of Germany was walking one morning with a former Czar of Russia in the gardens at St. Petersburg. He noticed a soldier sentineling a place where he could see no reason for it. He asked the Czar why the sentinel was there. The Czar did not know, but, his curiosity being aroused, he had the matter looked up. After several departmental officials, one after another, had been consulted, without securing any information as to why the sentinel was placed there, it was finally discovered that two hundred years before, an Empress of Russia had, on discovering near a spring some snowdrops growing, ordered a soldier to be stationed there to protect the delicate flowers from trespassers. For two hundred years successors had been appointed, though no snowdrops had appeared.

This explains, to some extent, why people continue to take poisonous drugs when they are sick, and eat three times a day, merely because it is meal time, and kill animals for "sport," and do many other unreasonable things—just because their ancestors did them. Do not do anything, simply because others have done it for a long time. Think for yourself.

The peculiar greatness of America is in that it lives for the future, while other nations look to the past. Their pride is in their ancestry; ours in our posterity. For tomorrow is big with promise, full of spirit ozone, strong with intellectual dynamics, rich in the elements of happiness. Yesterday is dead. "Let the dead bury their dead."—Dr. Frank Crane.

Had there been no teaching but such as goes on in our public schools, England would now be what it was in feudal times.—Herbert Spencer.

Diet and Old Age

THE New York Medical Journal says:

In order to enjoy life after 40, it is said that one must have attained some degree of success. Nothing makes the contemplation of old age so discouraging as to reflect upon past years of mere existence and no accomplishment. The organic changes which go on in the nervous system diminish the pliability and the permeability of that system and preclude, in most people, the undertaking of new work and the accomplishment of new successes. There comes a time when it becomes exceedingly difficult to glide into any new or unaccustomed form of activity. It may be possible to continue in the things in which one has attained a certain degree of expertness, in a routine and automatic manner, but when an attempt is made to overstep these limits, it is found that one is held up by a certain "mental fixity" and a "sense of permanent fatigue."

This applies to those who do not know how to eat, and clog their blood with the waste matter of superfluous food. Those who do know how to eat may continue supple and active, mentally and physically, for an almost indefinite time.

Dr. Charles Bolduan, of the New York City Health Department, recently contributed an article to the *Scientific American*, extracts from which are reproduced in the *Literary Digest*. Referring to the fact that men past the prime of life do not live so long now as they did some years ago, he attributes this to the indulgence of their appetites, especially to over-eating. He says:

Let me warn you of the dangers of overeating. Most of us eat too much. We would do well to follow the advice of the great English physician, George Cheyne: "Every wise man, after fifty, ought to begin to lessen at least the quantity of his aliment, and if he would continue free of great and dangerous distempers and preserve his senses and faculties clear to the last, he ought every seven years to go on abating gradually and sensibly, and at last descend out of life as he ascended into it, even into the child's diet."

Old Maids and Mothers-in-Law

MOTHERS-IN-LAW and "old maids" have been favorite butts for cheap jokes. It is true that a mother-in-law sometimes shows lack of tact. Yet, many homes have been saved from disruption, by her kindly offices.

As to the "old maid," she is seldom such by choice. Why not sharpen your wits a little on old bachelors?

Young girls are usually insipid. George Weston writes: "At eight a girl is a blossom, at eighteen a green apple, but at twenty-eight she begins to reach perfection, and from then on she grows more and more perfect."

Old maids are becoming important factors in the active life of the world. When you read the records of the divorce courts, you cannot wonder that an increasing number of sensible women refuse to take chances, unless they can find just the right kind of man.

You are in luck if you have a kind old maiden aunt, who takes a loving interest in you.

Patience and tenacity of purpose are worth more than twice their weight of cleverness.—Huxley.

Birth Control

IN the May number I referred to a movement in this country for the revocation of the Federal law of 1872, forbidding the imparting of information regarding restriction of offspring, and I quoted from a series of articles in *Harper's Weekly* by Mary Alden Hopkins. As I said, the purpose of this law is constantly defeated, those who suffer from it being the poor and ignorant, who can least afford to have large families. Harper's quoted a judge, who said that, if he were free to enforce or not enforce the law, he would punish all druggists who sold such appliances to those within two blocks of Fifth Avenue, and encourage those who sold them in the slums.

In *Physical Culture* for September-October-November Havelock Ellis has a series of articles on the subject, under the title "Birth Control." He refers to a fact I mentioned, namely, that in Holland such information is imparted to the poor by nurses acting under sanction of the government. He goes so far as to make the remarkable and more than questionable assertion that "the object of sex is by no means to aid reproduction, but rather to subordinate and check reproduction, in order to evolve higher and more complex beings."

Ignoring such extremes, the fact remains that while all methods of preventing conception are more or less unsafe and harmful, they are preferable to abortion, so awfully prevalent in this country, or to the bearing of unwelcome children, or of children who cannot be given proper moral, mental and physical training. It is no longer any question of "replenishing the earth." We have a surplus of food for powder and factories. Let us first eliminate bread lines before we condemn "race suicide."

Above all, let us cease to be hypocrites, in pretending publicly to ignore important questions that everyone privately knows to exist.

A Dream

I WAS "somewhere in Europe." It may have been France, or Germany, or Russia. As I was surrounded by heavily bearded men, it was probably Russia. We were in an arched stone cellar, of great size, lighted by a single oil lamp. I was seated in a chair, alongside of a guillotine, painted black. With his neck on the block, I saw my dearest friend, whom I loved with the love of a man for a man, which is greater and holier and more enduring than the love of a man for a woman. Then, I noticed that a string, tied taut, extended from the hideous instrument and was attached to a button of my vest. The slightest movement on my part would cause the knife to drop.

I sat still—oh, so still—scarcely daring to breathe, for what seemed to me an age. Then, one of the bearded men shook me roughly by a shoulder, saying what I understood to be: "Get done with this." The blade fell. There was a crunch, like the chopping of a bone on a butcher's block.

I awoke, bathed in perspiration, and rejoiced to find that it was but a dream.

Jacob Hoelbock, aged 105, has worked on the Kirkner farm, at Barren Hill, near Roxborough, Pa., for 82 years.

Poisons of the Passions

SOME interesting experiments made by Professor Elmer Gates, at Washington, illustrate the manner in which the human body can be poisoned by anger, jealousy, grief, anxiety, etc. By means of chemical reagents it was found that different secretions were obtainable from these various emotions. For instance, anger produced a brown sediment which when administered to other men or animals produced nervous excitability. In the case of jealousy, the secretions generated were so poisonous that when injected into the veins of a guinea-pig it died in a few minutes.

Professor Gates affirms that hate produces the worst poison of all, and that the products of one hour of intense hatred would be sufficient to cause the death of about fourscore persons.

Never eat when you are angry, or worried, or hurried.

Let Men Be Free

LOOK to it that your communities, your great cities, do not impose too arbitrary standards upon the men whom you wish to use.

Do not reduce men to standards. Let them be free. Do not compel them by conventions. Let them wear any clothes they please and look like anything they choose; let them do anything that a decent and an honest man may do without criticism; do not laugh at them because they do not look like you, or talk like you, or think like you. They are freer for that circumstance, because, as an English writer has said: "You may talk of the tyranny of Nero and Tiberius, but the real tyranny is the tyranny of your next door neighbor. There is no tyranny like the tyranny of being obliged to be like him,"—of being considered a very singular person if you are not; of having men shrug their shoulders and say, "Singular young man, sir, singular young man; very gifted, but not to be trusted." Not to be trusted because unlike their own trustworthy self!

You must take your leaders, in every time of difficulty, from among absolutely free men who are not standardized and conventionalized, who are at liberty to do what they think right and say what they think true; that is the only kind of leadership you can afford to have.—Woodrow Wilson.

Mortal man in the aggregate has always been the victim of selfish intellects that knew the power of thought and abused it, and nothing but an increase of general intelligence will ever put an end to wrongs and injustices that flourish in statute laws created to insure just such things for the benefit of the few.—Channing Severance.

No matter whose the lips that would speak, they must be free and ungagged. The community which dares prohibit its humblest and most hated member in the free utterance of his opinions, no matter how false or hateful, is only a gang of slaves.—Wendell Philips.

Every man who has ever been earnest to preserve his higher or more poetic faculties in the best condition has been particularly inclined to abstain from animal food.—Thoreau.

Briefs

The British cruiser, Argyle, bringing English gold, made the trip to Bangor, Me., in four days and seven hours.

A baker of Constantinople was condemned to six months' imprisonment for mixing bran in his bread. It would be well if all bakers would mix bran with their bread.

Germany threatens confiscation of beer if brewers do not set aside twenty per cent for the army. The government declares it is "indispensable to their strengthening and well-being."

Iowa has an anti-tipping law, providing a fine of \$25, or 30 days in jail. It is probably unconstitutional.

A "Newthot" Congress, in San Francisco, was presided over by Archbishop Rev. Dr. Newo Newsi New, and the principal address was delivered by the Right Rev. Sri Mazziniananda Maha Thero, of Tibet.

Bryan, Schumann Heink, and Billy Sunday drew an audience of 15,000 to the Winona, Ind., Bible Conference. A three ring circus.

A 17-year-old Los Angeles girl swallowed carbolic acid, because her sister said her dress was not becoming to her.

Mrs. Jeanette Schwartz, who died September 3, in the Brooklyn Home for the aged, was 107 years old, two and one-half feet high, and weighed less than 25 pounds.

A Chicago packer says that in ten years meat will be a luxury. It is not now a necessity.

Two telephones and two assessors are like two tails to a dog.

A noiseless street car wheel has been tested in Portland, Me. Hurry it over here.

In Russia, vodka has been replaced by chemical compounds, and in China cigarettes have been substituted for opium. Man will find some kind of a stimulant or narcotic to deaden his sorrows.

In August there were 792 auto accidents in Los Angeles, causing 14 deaths and hundreds of broken bones.

Interlaken, Switzerland, solved the billboard problem, by organizing, and refusing to buy goods so advertised. We could do the same thing here.

The war has blinded thousands of men. On the other hand, outdoor life has restored perfect vision to many. It is not necessary to go to war to get out-door exercise.

Brain and Brann

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, OCTOBER, 1915

No. 5

Producers and Middlemen

A DISCUSSION arose at my club, as to what proportion of the half million inhabitants of Los Angeles are producers within the city. It seems to me that the guesses made were altogether too high.

There are about 20,000 persons employed in manufacturing industries of Los Angeles. Five thousand would be a liberal estimate of other producers. This does not include the recently annexed suburban territory, where they grow things, and raise chickens. Twenty-five thousand is five per cent. of 500,000. The rest, unless we include housewives, who make pies and cakes, are all middlemen or non-producers—wholesalers, jobbers, retailers, agents, and so forth. The occupation of many of these people is a great convenience, but such intermediary agents are not absolutely necessary to life.

The same condition prevails, more or less, in all cities, except those that are distinctly manufacturing centers. We have a surplus of middlemen. It is a leading cause of the high cost of living.

News

EVERYTHING that happens is of course news, in one sense, but all of it is not fit to print. And much that is fit to print is undesirable and unnecessary.

To read the head lines and front pages of most of the American papers, one might suppose that the chief events of the world are crimes, calamities and scandals. It gets on one's nerves. The Christian Science Monitor is a daily proof that a newspaper may be dignified and clean, yet interesting. We should have more papers like the Monitor.

The man who can does, and becomes a koenig. The man who can't teaches, and becomes a professor.

It seems to me that, before considering one cent postage, the Post-office Department might use a little more mucilage on its stamps.

The Retail Grocers' Association, in San Francisco, severely criticized the parcel post. This reminds me of old time workingmen who destroyed steam engines.

Preparing for War

A DISPATCH from Peking says: "China's arsenals are working at top speed, not in the expectation of war, but in order to expedite preparedness." Always the same story. No nation will admit that it is arming for offense, yet preparedness almost invariably leads to offense, on slight provocation. If there were no strikes, labor unions would dismiss their walking delegates and if there were no wars "them asses" would refuse to support a large standing army. And that, you know, would never do.

Germany would not have declared war on Russia and France if she had not been thoroughly prepared.

Of course, so long as one country is permitted to go around carrying a gun, others must do so, also. The people of the various nations should get together, and make it illegal to carry guns, or, in other words, to maintain large armaments. Unless this is done, wars will never cease.

Facts Wanted

I WRITE practically all the contents of this magazine. It is small and I have to condense everything most carefully. Formerly I counted the lines. Now I almost count the words. I have no room for windy contributions, but I am always glad to get interesting and valuable facts. I have more than a sufficiency of ideas. Write briefly. I know it is as hard to write a short article as it is easy to write a long one, but you must do so, if you expect to break into these pages, or else you must let me boil it down for you.

Epigrams

EPIGRAMS are fascinating toys. I like to play with them myself, but they are dangerous. A brilliant epigram has cost many a man his career, and some their heads. There are good, kindly men who would sacrifice their best friends to a sally of wit.

If you amuse yourself with epigrams, be sure they are not loaded. Friendship is too scarce and precious to be sacrificed for a joke.

So many "laymen" are abandoning the drugging, carving and serum injecting school of medicine for more rational and effective methods that the medical fraternity is seeking to establish as many profitable political jobs as possible, municipal, state and national. It is about time that the people should awaken to this new danger, threatening their health and their pocketbooks.

The Root of all Evil

THERE is only one real question dividing the two great political parties in England—protection or free trade.

There is only one real question dividing the two great political parties in America. It is the same.

There is only one principal cause for all wars—commercial jealousy and greed. Remove frontier custom houses and frontier forts will soon follow.

“The love of money is the root of all evil.”

The Life of a Book

ACCORDING to the school heads of California, the life of the California free state text-book is four years. I did not think it was so much.

In my school days, books, with their crude illustrations, were semi-sacred. They were handled tenderly, and handed down from one generation to another. Nowadays, they are tossed around like wilted cabbages. “Familiarity breeds contempt.”

How can the people respect newspapers that boost bad deeds of people they like, and ignore good deeds of people they hate?

It is becoming quite fashionable for rich widows to adopt preachers, with or without families. In the Middle Ages women played with troubadours and pages, now with parsons.

It is a good thing to have the “fortiter in re,” but don’t forget the “suaviter in modo.”

The Power of the Will

THERE is no Chance, no Destiny, no Fate
 Can circumvent or hinder or control
 The firm resolve of a determined soul.
 Gifts count for little; Will alone is great,
 All things give way before it soon or late.
 What obstacles can stay the mighty force
 Of the sea-seeking river in its course,
 Or cause the ascending orb of day to wait?
 Each well-born soul must win what it deserves.
 Let the fool prate of luck—the fortunate
 Is he whose earnest purpose never swerves,
 Whose slightest action or inaction serves
 The one great aim. Why, even Death stands still
 And waits an hour sometimes for such a will.

—Ella Wheeler Wilcox.

Brooklets

A man who never changes his opinions, or who is ashamed to avow the change, may safely be regarded as lacking in wisdom.

* * *

Some editors explain that they have to give the people what they want. That's what dope dealers and prostitutes say.

* * *

All men of genius are more or less crazy, but every crazy man is not a genius.

* * *

We idolize a few public men; the rest we crucify.

* * *

Better be accurate than picturesque. You may sometimes be both.

* * *

It is not so important for a nation to be strong and wealthy, as for the individuals composing the nation to be healthy and happy.

* * *

If Ford advertised, would so many jokes be printed about his machine?

* * *

Confidence is good. So is modesty. You may combine the two.

* * *

I often read of a man "worth millions." I suppose they mean a man with millions, although that is quite different.

* * *

I know now, at 66, that I know less than I thought I knew at 16. That is something gained.

* * *

It is just as well to tell your wife. She will find out, any way.

* * *

Health may be bought, but only at the price of self-denial and patience. Few are willing to pay the price.

* * *

It seems to me that designing women should not be permitted to make courts collecting agencies of damages from foolish men.

* * *

All Los Angeles evening papers scoop each other on every big event. Wonderful!

* * *

Remember that to re-form is not always to improve.

* * *

In one of his novels H. G. Wells says of a woman: "She had just had her third baby, on principle." Too many refrain from having ing a first for lack of principle.

A Thousand Mile Walk on Raw Food

IN order to prove that a strictly non-flesh diet increases strength and efficiency, and incidentally, to further a reduction in the cost of living, Mrs. David Beach, of West Haverstraw, N. Y., walked from New York to Chicago, a distance of 1,071 miles, in forty-two and one-half days, eating only raw vegetable food.

This test was not necessary to those who have studied the subject of diet, for they know that in all similar tests of endurance, as in the long distance walks in Germany, and the knee-bending tests at Yale, vegetarians have been so far in the lead, as to make the flesh eaters ridiculous. They know, also, that two-thirds of the people of the world are vegetarians, either from necessity or choice, and that these do most of the hard work of the world. Yet men who spend their time in offices and clubs, really profess to believe that it is necessary to eat meat at least once a day, in order to "keep up their strength." However, this feat was a picturesque and striking way to bring the truth before the people, most of whom are as ignorant of diet as a cow is of astronomy.

Mrs. Beach has described her experiences during her walk, in a book of 194 pages, entitled "My Walk From New York to Chicago." (For sale by the author, price \$1.10 by mail.) It contains a portrait, showing a handsome woman, thirty-three years of age, well balanced mentally and physically.

The author advertised nothing on the trip, although she was importuned to do so. Her expenses were paid by the New York Globe and the Chicago Daily News. A male representative of the News accompanied her in the author's motor car, with her chauffeur, maid and baggage. This was traveling "de luxe," so far as the motor for the baggage, and the maid to give hot baths, massage and oil rubs, but these conveniences were more than offset by the horrible roads and weather which the walker encountered. The roads were sometimes knee deep with mud, and she had often to force her way through rain and sleet, a test of endurance that would have discouraged many strong men. She left New York April 10, and arrived at her destination on May 28, four days before the allotted time.

Many tried to discourage the walker. Among them was Mayor Gaynor, of New York. In an interview, before she started, he declared that she would die before she got to Albany, unless she "drank something." Before the book was published, Gaynor died of heart disease.

After the eleventh day of the walk, Mrs. Beach gave up milk and eggs, because someone had suggested that she derived her strength entirely from this food. At the start, she weighed 149¾ pounds; at the end of the walk, 134 pounds, a loss of 15¾ pounds. On completing the walk she was examined by several physicians and found to be in perfect condition.

Readers in California cannot but reflect how different would have been the conditions of a similar walk, in this state, with its smooth asphalt roads, perfect climate, and abundance of fruits and vegetables all the year round. The main drawback to pedestrianism in California is the danger of being run down by automobiles.

There are a number of menus, and good dietetic suggestions, scattered through the book.

I have a couple of criticisms to make. Mrs. Beach advocates the mixture of acid foods and cereals. This is wrong. For the digestion of starch foods, alkaline saliva is necessary, to start them on the way, and the acid of fruit

juice interferes with this process. Those who live otherwise well may not notice the effects of this error for a long time, but it will surely make itself felt sooner or later.

One of the objects of this trip was to lower the cost of living. Yet, the author gives the cost of an average day's food as follows:

"Juice of six oranges, 20c; three apples, 5c; wheat, 1c; prunes, figs, raisins, 10c; bananas, 5c; lemons, 5c; oats and rice, 2c; salad, 10c; olive oil, 2c; pineapple, 20c; total, 80c."

This is at the rate of \$5.60 a week, or \$28 a week for a family of five, obviously, an expenditure entirely beyond the means of those who are not moderately rich. A man with an income of \$30 a week could scarcely spend \$28 a week for the food of his family, and millions of families have to live on half of that income. By cutting out the pineapple and oranges, the expense would be reduced one-half, and this might be further reduced by substituting a few leaves of lettuce, or watercress or dandelion, for the salad, making the daily expenditure 30c, or \$10.50 a week for a family of five persons. Even this is more than a working man's family, with an income of \$15 a week, can afford.

The author says her baggage weighed a ton. She carried such "impedimenta" as a wheat mill, mixing bowl for salad, etc. If I were to undertake such a trip, I should carry, in a satchel, twelve pounds of finely ground coconut, mixed with a little finely ground pecans and bran, and about the same weight of dried fruit, relying upon picking up fresh fruit along the way. This would make the work of army commissaries easy, and Mrs. Beach's task, in proportion to her strength, was as great as that of the soldiers in the trenches.

I am told that the author belongs to the "Mazdaznan" cult, one of the tenets of which is a strictly non-flesh dietary. She refers to Otto Hanish, as a man who has never eaten meat, and, although seventy years of age, looks only forty-five. This is an erroneous idea, prevalent among the followers of Hanish. He is not quite forty-nine years of age. His parents live—or lived three years ago—in Milwaukee.

This book is a strong argument for a non-flesh dietary, and a most interesting volume, from cover to cover. The author is evidently a good woman, a lover of her fellow creatures, among whom she justly includes what conceited man is pleased to term the "lower animals."

A Wonderful Climate

ROBERT ALLEN BOWERS, a retired Easterner, formerly a director of the Rand McNally publishing house of Chicago, now living in Pasadena, was recently acknowledging many congratulations on his becoming at the age of 75 the proud father of a male child. His wife, to whom he had been married two years, is 25 years old.

I add my congratulations, and again call attention to the marvelous effects of the "glorious climate of Californy."

In a storm in Northern Pennsylvania, a five pound hen was blown from her roost into a cellar, half a mile away. On arrival at eight p.m., the hen laid an egg for her new owner. A tough hen.

Experiments With a Non-Mucus-Forming Diet

AFTER a two years' strictly fruit-diet, with short fasting periods, I had attained a degree of health which is simply not imaginable nowadays. It allowed of my making the following experiments:

With a knife I made an incision in my lower arm. There was no flow of blood, as it thickened instantaneously. The wound closed up, there was no inflammation, no pain, no mucus or pus. It healed in three days, with the blood-crust thrown off. Later, with vegetarian food, including mucus-forming starch food, but without eggs and milk, a similar wound bled a little, caused some pain and pussed slightly. There was light inflammation, and complete healing following slowly. After that I made another wound, while under a diet of meat, with some alcohol. There was longer bleeding, the blood of a light color, red and thin, inflammation, pain, pussing for several days, and healing only after a two days' fast.

I have offered myself, of course in vain, to the Prussian Minister of War, for a repetition of this experiment. . . .

As already said, I have repeatedly—once for two years—lived on a mucus-free diet, that is, on fruit exclusively. Then I was no longer in need of a handkerchief, which product of civilization I hardly need at present. Has anyone ever seen a healthy animal, living in freedom, expectorate, or blow its nose? A chronic inflammation of the kidneys, considered deadly, which I was stricken with, was not only healed, but I enjoy a degree of health and efficiency far surpassing that of my healthiest youth. I would like to see the man who, being sick to death at thirty-one, could, eight years later, run without a halt for two hours and a quarter, or make an endurance march of fifty-six hours' duration.—Arnold Ehret in "Rational Fasting."

Prisoners of War

A BROTHER-IN-LAW, who is commander of a German war vessel, sent my wife, from Dantzic, a picture showing Russian prisoners at that place, offering for sale baskets they had made. They look husky, and healthy and happy.

One of the redeeming features of this cruel war has been the fact that prisoners in all countries have been treated humanely, and even kindly. In earlier wars, the fate of a prisoner was sometimes worse than death.

According to George Kennan, writing in the Chicago Journal, here is the way German prisoners of war were surprised in Russia and Siberia:

"In many places along the old routes the peasants voluntarily brought to the prisoners bread, milk, and eggs, for which they would take no pay; in one settlement they contributed chickens and soup; in another they heated the village bath-house and helped the half-frozen Germans to bathe; and, in a third, off the railway, where the ill-clad prisoners were forced to march in bitter cold, and where they were evidently suffering intensely from exposure and exhaustion, the peasants, on their own initiative, harnessed fifty horses and carried the whole party on sledges to the next station. To the dejected Germans and Austrians, who had expected from the 'Russian barbarians' only curses and blows, such behavior was a revelation."

"English" mustard is raised in Santa Barbara County, Cal., and travels about 7,000 miles before it is consumed by Californians.

The Intermediate Sex

A FEW weeks ago, it was disclosed that a well known Los Angeles character, a teacher of dramatic art, with a strong masculine face who had been accepted here for 22 years as a man, is a woman, physically, "with the soul of a man," as she says. She had been married once as a woman, once as a man and was about to marry a widow. This peculiar condition is attributed by her to the fact that her mother, while pregnant, grieved deeply over the loss of a male child, and earnestly yearned for another.

As there are transitional forms between animals and plants, so are there men and women with more or less of the nature of the opposite sex. Sometimes we find a physical freak of this kind, in the shape of an hermaphrodite. The notion that human beings were originally hermaphroditic is both ancient and widespread. It is suggested in the Bible, where God is said to have first made man in His image, male and female, in one body.

I have recently been reading a small book on this subject, by Edward Carpenter, entitled "The Intermediate Sex (Mitchell Kennerley, publisher, New York, for sale in Los Angeles by Otto Carqué, 1607 Magnolia Ave., price \$1.25 net.)

To the "intermediate sex," discussed by Mr. Carpenter, has been given in Germany—where there is quite a literature on the subject—the name of "Urnings," from Uranos, heaven, the idea being that the Uranian love is of a higher order than the ordinary attachment. Estimates of the number of these persons vary from 4 to 10 per cent. of the population, mostly males. Among celebrated names mentioned as having belonged, more or less, to this class, are Michael Angelo, Shakespeare, Marlowe, Alexander the Great, Julius Caesar, Goethe, Byron, Darwin, and among women Christine of Sweden and Sappho.

This theory explains many strange happenings among men and women who, to all appearances, are normal.

It should not be understood that these attachments always lead to the sexual vice that occasionally shocks society, when the lid is lifted a little, a vice far more prevalent among all classes than most people suppose. The tendency is, however, always in this direction.

The author admits that in many cases these people come from mentally or physically abnormal families, but denies that such is true in a majority of cases.

One-fourth of the book is devoted to an appendix, containing extracts from the writings of authors, including Havelock Ellis, himself an "Urning."

The subject is morbid and unhealthful. It casts suspicion on good, honest, healthy affection between man and man, and woman and woman. I would prescribe for those afflicted in this way a "fruit fast" with outdoor exercise, sweat baths and thorough cleansing of the colon.

According to statistics of the U. S. Internal Revenue Department, the intoxicating liquors consumed in this country during the past fiscal year show the highest consumption since 1911, amounting to 22½ gallons for each man, woman and child.

Great Britain is the richest country, per capita, with \$1,770, France second, \$1,625, the United States third, \$1,300, and Germany fourth, \$923.

Food From the Air

READING newspaper stories of the production of nitrogenous food from the air, in Germany, I wrote to the Department of Agriculture, as these newspaper reports of scientific discoveries are often ludicrously incorrect. In reply, I received the following communication from Victor Breckner, of the Bureau of Chemistry:

"Replying to your letter of August 27, addressed to Dr. Alsberg, I beg to say that your information regarding nitrogen fixation by means of yeast, is erroneous. Yeast, as far as known, lacks the faculty of assimilating free nitrogen, for all practical purposes at least.

"The process to which you refer as having found practical application, is as follows:

"In the preparation of feed yeast, that is, of vegetable protein, from sugar and mineral salts, the sources of nitrogen are ammoniac salts which are largely by-products of the gas works, but very recently are also being made through catalytic agencies from liquid air. Yeast can be made to grow luxuriantly on a substrate containing no other nitrogen than these inorganic salts and since the process is rapid and the resulting yeast is highly nutritious to animals, its discovery is of very great importance to Germany at the present time."

It may be "highly nutritious to animals," but it will also be found as dangerous to animals as brewery swill to cows and garbage or slaughter house refuse to hogs. This is the best way to propagate hog cholera and foot and mouth disease.

A Libel on Los Angeles

FMILY POST ran a series of articles in Collier's descriptive of an automobile trip from Colorado Springs to the San Francisco Fair. She slops over in her description of San Diego and San Francisco, but devotes only a few lines to Los Angeles, as follows:

"I wonder is the cost of foodstuffs inordinately high? Are wages prohibitive? (I think I have heard they were.) Or is it merely its monopoly that allows the only good hotel in the place to charge hold-up prices? Nowhere before, in the United States or Europe, have I met with such soaring room rates."

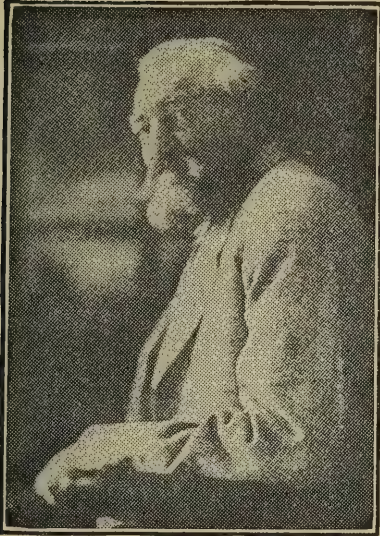
This criticism is superficial, unjust, and absurd. Los Angeles, the Mecca of tourists, is noted for its hotels. There are 200 of them, and this writer must either be an amateur, or have a congested liver, to have made such a criticism, after stopping at one hotel for a night.

The world is "fed up," as Britishers say, with war talk and war stories. There will be a growing demand for reading of a peaceful kind. Here are two books I recommend: "Walden," by Thoreau, and "The Cabin," by Stewart Edward White.

An archeologist says that, in the beginning of the Christian Era, elevators were run in palaces and homes, pipe organs, driven by water power, were used, shorthand was common, good roads were much better than today, and there were 70 trades unions in Rome.

Ten years ago there were two cafeterias in Los Angeles. Now there are 50.

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook D.D.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

COATED TONGUE.

R. N. T.—A gray coating on the tongue is due to derangement of the stomach; a brown coating, to derangement of the liver. Both are caused by errors of diet, and therefore, can only be cured by reforming the diet, although massage and the Hygienic T Bandage help.

HIGH BLOOD PRESSURE.

G. E. B.—A frequent cause of high blood pressure is the presence of gas in the stomach and bowels, due to the fermenting of food, and that again is due to wrong eating. This gas presses with enormous force in all directions.

"FEMALE COMPLAINTS."

Mrs. George W.—Nowadays, a woman who is completely free from all kinds of "female complaints" is a rare kind of a bird. Among the most frequent of these troubles are displacements of the womb, the uterus being tipped forward or backward. The best remedy for this condition, besides avoiding foods that ferment and cause gas, is to assume, every day, for half an hour, more or less, a position on the back, and face downwards, with the feet higher than the head, and for backward tipping of the uterus, a knee-chest position, practicing abdominal breathing and kneading the abdomen.

Among other derangements, are diseases of the ovaries. The ovaries are much less frequently affected than many people think. Any pain in the side is almost always attributed to the ovaries. The removal of ovaries, so common nowadays, is a crime. The pain is almost always due to a displacement of the uterus.

For local treatment, a Hygienic "T" Bandage, worn damp at night, under a dry cover, is most effective.

SUGAR.

J. R. T.—Refined cane sugar is one of the most disturbing elements you can put into your stomach. It is a starvation food, and a robber. Many of my consultants have reported a remarkable improvement in health merely by dropping cane sugar entirely for a few months.

Especially for children is this a most pernicious substance. Together with starch, it is the main cause of adenoids, tonsilitis, diphtheria, and other diseases of children. Substitute sweet fruits, fresh and dried, and occasionally a little pure honey, molasses, or maple sugar.

In England, when I was a boy, a penny bag of "sweets" would last several days, one of the hard drops being kept in the mouth perhaps five minutes before it was dissolved. In this way sugar is not so harmful, because it is then, by long contact with the saliva, largely changed into grape sugar. Here people eat candy by the pound—and suffer from it.

The least harmful form of sugar is pure candy. The most harmful form is when sugar is mixed with starch, in pies, cakes, puddings, cookies, and ice cream. Not only is the sugar then not salivated, but the mixture with starch and milk readily causes fermentation.

IMPOTENCE.

William S.—This is not a local condition, but a condition due to enervation of the entire system, and obstruction of the minute capillaries by mucous matter, due to wrong diet. Avoid heartless quacks, who rid you of money and health. Build up your system by a simple, non-stimulating, non-mucus forming diet, exercise and air baths. Especially avoid such stimulating foods as eggs and meat. Eat plenty of raw green stuff, that abounds in the organic salts, which feed the nerves. The Hygienic "T" Bandage is an excellent and effective local aid.

ORANGES AND GRAPES ARE FRUITS.

I presume oranges and grapes are fruit.—J. W.

No presumption about that. What might you, perhaps, suppose they are, otherwise? Vegetables? Or fish?

Oranges and grapes are fruit. They are fine fruit. Eat all you want of them, but be careful not to mix them with starch foods, or they will interfere with digestion. Eat them alone, or, at the most, with nuts.

GALL STONES.

L. D.—Gall stones are mainly due to the consumption of more proteid food than can be assimilated. The same is the chief cause of many other deadly diseases, such as cancer. An operation to remove gall stones does not, of course, cure the disease, because it does not remove the cause. It is really not a disease, but merely a symptom of disease. The only cure is to properly adjust the diet, so as to prevent the re-formation of stones. Eat plenty of raw fruit and salads. Cut down meat to a minimum, and use little starch.

ULCERATED STOMACH.

M. T. S.—There is only one cause for this condition, namely, wrong diet, especially long-continued indulgence in what so many people erroneously call "good living." The remedy is the adoption of a non-stimulating dietary, for at least six months. There must be no meat, milk, alcohol, coffee, vinegar or pepper, or any mixture of incompatible foods. A little weak black tea is the only stimulant permissible, and the less of that the better.

If you are not willing to pay this price, you will probably take dope to suppress the symptoms, and then you will, in time, develop cancer of the stomach. This, except in the earlier stages, is incurable. You are the doctor. You must decide. No one can get well for you. There is no other way.

Profitable Publicity

Experienced advertisers know that there is quality as well as quantity in circulation. Ten thousand copies, carefully read, do you more good than a hundred thousand glanced through and cast on a car seat, or in a waste basket.

Brain and Brawn is read and reread, from cover to cover, by thrifty people who think. They lend it to their friends. They read the advertisements also, and believe them, knowing they are censored.

It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

FUNDAMENTALS AND REQUIREMENTS OF HEALTH AND DISEASE; Thomas Powell, M.D.; Powell Publishing Co., 313 W. 3rd St., Los Angeles; 600 pp.

This book is more than an explanation of the nature of the "leucocytes," or "phdgcocytes," or "white blood corpuscles," to which I refer on preceding pages. It is a revolutionary criticism of modern medical theories. The author denies the cell doctrine, the wasting of the body, and consequent necessity for nitrogenous food, to repair waste. He affirms that the living organization owes its every movement to the expansive power of carbon dioxide.

Dr. Powell still accepts the theory of infectious diseases. However, he states truly, that there can be no infection where the soil is not prepared, by the presence in the blood of what he calls "pathogen."

This is a valuable book, that should be read by all who are engaged in the art of healing, and by "laymen" who study the care of the body.

COLON HYGIENE; J. H. Kellogg, M.D.; For sale by the Naturopathic Publishing Co., Chamber of Commerce Building, Los Angeles; 393 pp., illustrated; price \$2.00, postpaid.

As I have often said, constipation is the chief cause of physical ills. A great many of the violent crimes and wars of history, have been due to constipation, foulness of the colon, and congested liver. Yet, this important subject of bowel action is regarded as something shameful, to be ignored in polite society. Hence, much unnecessary suffering.

Until recently, the medical fraternity has known little about the working of the colon. The X-Ray has literally thrown light on the subject, and we may now trace the course of food from the mouth to the outlet of waste.

This book by Dr. Kellogg might properly have been called "The Gentle Art of Defecation." It is complete and thorough.

The author paraphrases the epigram "A man is as old as his arteries," by saying, "A man is as old as his colon." He states emphatically that practically every case of constipation is curable by natural methods. Drugs make a cure more difficult. Van Noorden has said: "Nothing is so bad as the chronic use of laxative drugs." The author also emphasizes the fact that there is no "cure-all" for constipation. It is a stubborn ailment, and demands will power, patience, and perseverance, qualities which few possess.

Dr. Kellogg shows that meat-eating animals, as the dog, have short colons, while all vegetable-eating animals have long colons, as has man; another argument in favor of a non-flesh dietary. The trouble with the civilized colon is, not that it is too long, but that it is put to a wrong use.

The author recognizes the fact that there are mechanical and mental causes for constipation, apart from wrong diet, the chief cause. As showing the great power of the mind over the body, he refers to a woman who was so far gone in constipation, that a large dose of castor oil had no effect on her whatever; yet, after administering a dose of castor oil to one of her children, she had a good movement of the bowels.

Dr. Kellogg is opposed to fasting. He prefers a "fruit fast," or what might be called a "protein fast." I think he is right in most cases, although, sometimes an absolute fast is the only chance.

In regard to what the author calls the "raw food fad," he says:

"The argument made by certain faddists who advocate the exclusive use of a raw diet, that by cookery the life principle is driven out of the food, so that its nutritional value is lost, has no scientific basis; nevertheless, it is true that cookery destroys the life of the cells of vegetable foods, and in so doing, deprives the food of certain properties which are useful in the intestine."

It seems to me that in this passage Dr. Kellogg admits about all that the "raw food faddists" claim.

The author strongly advocates a bowel movement three times daily, or twice, when two meals are eaten. Most people would be very happy if they could have a good bowel movement once a day. However, in the last chapter, treating on "Bowel Habits of Uncivilized Man," in which he gives reports obtained by him from several hundred medical missionaries, he shows that almost all native races have a movement of the bowels two or three times a day. Therefore, you may see that civilized man has wandered very far from natural habits.

This book is a most valuable contribution to the literature of health.

WHY ARE WE HERE?; Ervin A. Rice; third edition; published by the author, 6615 Yale Ave., Chicago; 148 pp.

Mr. Rice published this book as a personal matter, not for profit. He says:

"There are many who are intensely interested in trying to find a system of philosophical or religious teaching that commends itself by its reasonableness, its logic and its application to every phase of human life. To such truth seekers the views herein presented are modestly submitted for their thoughtful consideration. No claim is made by the writer for originality, so far as the ideas themselves are concerned, but merely for placing together, simply and connectedly, what seem to be the best and most essential teachings from various philosophies, so as to form a brief, general outline of the system of natural and spiritual laws governing human life."

The author believes in the spirit world, and that under proper conditions we may communicate with the spirits of the departed. Why most people cannot do so he thus explains:

"We coarsen and benumb our nerves of sensation and weaken our powers of perception by the use of tobacco, alcohol, drugs and immoderate use of food, so that we are less receptive, and the spirit influences find it difficult, and often impossible, to make an impression upon us, and even if the impression is made we remain unconscious of its source. By right living, right thinking and right doing we may bring ourselves into direct, conscious contact with our spirit friends."

The author condemns ordinary, or subjective mediumship, as dangerous and degrading. He quotes a writer on this subject as follows:

"Inasmuch as mediumship slowly but surely destroys the power of self-control, its inevitable tendency is toward animalism. The law is inexorable."

This little book is an interesting compilation of theories, which the author mistakenly refers to as facts. It is as good a guess as any, and better than many.

THE HEART AND BLOOD VESSELS, Their Care and Cure, and the General Management of the Body; I. H. Hirschfeld, M.D.; Funk & Wagnalls Co., New York, publishers; 336 pp.; price \$1.25 net.

In this book the author aims to outline, in plain language, the correct management of the body, with regard to work, recreation, sleep, exercise, food, sex instinct, climate, and shows the way to reconstruct one's system after it has been mis-managed. His suggestions in regard to diet are, in the main, good. He fully recognizes the great power of mind over the body.

The author advises a person with a defective heart, always to remain in everything well within the limit of strength, to take plenty of sleep, and in dress to avoid tight shoes, collars, or corsets, that compress the blood vessels and force the heart to pump harder to make the blood move. He also says: "Recently a way has been discovered of putting the muscles of heart and blood vessels into better order by treating certain of their nerve centers in the spine." This is a suggestion for osteopathy and chiropractic, although, of course, the author, as an "ethical" physician, does not mention those systems, but refers to "spondylotherapy," introduced by Dr. Abrams, of San Francisco, and recognized as an ethical method.

The book contains much useful information, and many valuable suggestions.

"Your Health," is the title of a new monthly magazine, devoted to the cause and cure of disease. Published by the Burke Sanatorium, Sonoma County, Cal. Albert G. Burns, editor; price 15c per copy, \$1.50 per year.

"Eye Gladness," reviewed last month, is published jointly by W. G. Howey (the author) and W. G. Haines. Address "Eye Gladness," South Haven, Mich. Price 25c.

MITHRAISM; W. J. Phythian-Adams, M.A. Oxon.; the Open Court Publishing Co., Chicago; 96 pp., price 40c, net.

A historical sketch of another of those religions, of which poor humanity has had such a great surplus. It came from Persia, whence also came Zoroasterism, and spread to Eastern Europe and Rome. It flourished from 1350 B.C., to the end of the fourth century, A.D. The author says: "The peculiar interest of Mithraism lies in a strange and fascinating contradiction. . . . We are still unable, with any certainty, to penetrate its inner meaning."

Possibly it had none. Perhaps it was merely another priestly attempt to fool the ignorant masses.

No. I, Vol. I, of the "Music Student," August, 1915. Vernon Spencer editor; published monthly, by the Henry J. Klahn Co., Grant Bldg., Los Angeles, \$1.00 a year, 10 cents a copy, is an artistic magazinelet, after the style of the late "Philistine." It is well edited, and makes a good showing of advertising patronage. The editor says: "It will discuss the art of music, rather than the numberless personalities associated with it." A good idea, but will it pay, in this age of trivialities and personalities?

Do not put off the Nature Cure too long. Nature can cure in many cases when regular practitioners have declared that all is hopeless, but there are limits beyond which even she cannot go.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the traffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

FROM A CALIFORNIA PIONEER.

I cannot express my full appreciation of your kind congratulations on reaching my ninety-third year. If there is any achievement in that, it is owing largely to what you have been always teaching, to brain and brawn. I assure you, that for many years, I have availed myself of your brain, in the matter of health and hygiene, and you may account yourself, in a degree, responsible for the result. BRAIN AND BRAWN and nature's cure are bound to prevail.—C. C. Cole, Colegrove, Los Angeles, Sept. 19, 1915.

THAT ISTHMUS QUARANTINE.

Thanks to BRAIN AND BRAWN publishing in the August number the facts of the Isthmian quarantine. Evidently the political doctors have already heard from Washington, for they now concede the right of travelers to change ships at Colon. A little more publicity, which no honest man can object to, and they will be compelled to cease to quarantine against countries that have nothing to quarantine against.

It is unfortunate that the popular press cannot see that nothing is too sacred to be investigated.—William Plotts, of Whittier, Cal., en route to New Orleans.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	50c	October, Medical Science.....	40c
July, Human Gas Tanks.....	\$1.00	November, Water Cure.....	\$1.00
August, Osteopathy.....	1.00	December, Climate.....	25c
September, Epidemic Scares.....	40c	January, 1914, Nature Cure	
October, Vivisection.....	\$1.00	(In sets only).....	
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May, Race Suicide.....	\$1.00	August, The Bible.....	25c
June, Civilization.....	40c	September, Fasting.....	25c
July, A, B, C, of Health.....	40c	October, Why is War?.....	15c
August, Gambling.....	40c	November, Health.....	15c
September, Sugar.....	\$1.00	December, Christian Science.....	15c

SPECIAL OFFER.—Complete Set of above numbers (including the one out of print, of which we have two copies) while they last, for \$12.00 by express prepaid.

Each Number a complete booklet. These prices are subject to change from month to month. Send in your orders early, as they will not last long. We have only about half a dozen copies of most of the numbers. Subscribers who wish to begin with back numbers should note.

Chamber of Commerce Building, Los Angeles, Cal.

GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

HOME CYCLOPEDIA OF MEDICAL, SOCIAL AND SEXUAL SCIENCE; Edward B. Foote, M.D. 1250 pp. many illustrations..... \$2.00

Four books in one volume. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.

ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D. 360 pp..... \$1.65

This is one of the very best books I know on diet and general health measures.

WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp..... \$0.85

The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.

DISEASES OF WOMEN AND EASY CHILDBIRTH; J. H. Tilden, M.D.; 185 pp..... \$1.50

Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."

GONORRHEA AND SYPHILIS; J. H. Tilden, M.D.; 188 pp..... \$2.50

In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.

HOW NATURE CURES; Emmet Densmore, M.D.; 413 pp..... \$2.65

The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.

VITALITY, FASTING AND NUTRITION; Hereward Carrington. 650 pp..... \$5.25

One of the most remarkable books ever written on these subjects. A complete guide to fasting and much more than that.

FOOD; J. H. Tilden, M.D. 260 pp..... \$2.65

This I regard as the best book on the subject of diet. Tilden gives you the "Cause of the cause."

THE SEXUAL INSTINCT; James Foster Scott, M.D. 473 pp..... \$2.20

A plain talk on one of the most important subjects affecting the human race. Written in simple, yet scientific style.

HOW HEALTH HAPPENS; Edward Elmer Keeler, M.D. 250 pp..... \$2.15

Valuable suggestions for the acquirement and retention of health. The writer is in entire accordance with the teachings of this magazine.

THE FOUNDATION OF ALL REFORM; booklet, 66 pp., with *The Folly of Meat Eating*, pamphlet, 16 pp.; Otto Carque; both..... \$0.40

Two of the clearest and most instructive short expositions ever put forth of the advantages of a non-flesh dietary.

THE NATURE CURE; H. Lindlahr, M.D. 450 pp..... \$2.15

One of the best books on the Natural Method of Healing. Dr. Lindlahr runs a well known sanatorium and college in Chicago.

YOUR CHILD; TODAY AND TOMORROW; Sidonie Gruenberg; 234 pp. illustrated..... \$1.35

A sensible guide to the mental and moral training of children, including the sex problem. Invaluable to mothers. I highly commend it.

HEALTH AND EFFICIENCY; R. L. Alsaker, M.D., 400 pp..... \$2.50

An eminently sound book on the care of the body in health and disease, with especial reference to diet.

**Address Orders to BRAIN AND BRAWN, Chamber of
Commerce Building, Los Angeles, Cal.**

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

MAL-TREATMENT OF CONSUMPTIVES.

As I have heretofore said, the good done by the fresh air treatment of consumptives, is far more than counter-balanced by the stuffing of them with great quantities of incompatible foods, containing a large excess of protein, that putrifies in the colon, causing auto-intoxication. The digestion of consumptives is always weak. Tuberculosis begins in the stomach.

Here are specimen menus, sent by a correspondent, from the Ohio State Tuberculosis Sanatorium. This food is being forced into the 175 tubercular patients, by the wife of the physician, who is superintendent:

Breakfast: 1. Milk toast, baked eggs on toast, toast, coffee.

2. Puffed wheat, scrambled eggs, toast, coffee.

3. Mush and milk, bacon and eggs, toast, coffee.

Dinner: 1. Noodle soup, boiled ham, mashed potatoes, scalloped cabbage, browned carrots, apple pie.

2. Bean soup, beefsteak and gravy, browned potatoes, apple sauce, creamed onions, apple dumplings.

3. Vegetable soup, roast pork, browned sweet potatoes, lettuce, kidney beans, lemon pie.

Supper: 1. Fried mush, bacon, fruit, cake.

2. Pork chops, hash, browned potatoes, string beans, "float," cookies.

3. Ham and eggs, corn oysters, fruit, cake cinnamon rolls.

Such a menu as this would make a wood chopper dyspeptic. To feed consumptives with weak digestions, in this manner, is criminal folly.

Again, in the August Health Culture, Dr. Elmer Lee described a visit to the Sea View Hospital for Tuberculosis, which cost New York \$4,000,000. He says it reminded him of a machinery hall, with beds for more than 700 patients. He felt the atmosphere of hospital lethargy, and the lack of interest by attendants. Four millions for a site and house, and nothing fit for the inmates to eat. A lack of delicacies in the natural state, lack of sweet berries, ripe fruits and healing vegetables, a surfeit of greasy albuminous foods—eggs, milk, cream, butter, flesh, fish, coffee, tea and cocoa, unfavorable and constipating.

No wonder the regular medical school so often declares tuberculosis to be incurable. It is certainly incurable under such system, and yet it is so readily cured by natural methods, including a spare, non-stimulating diet, rich in the organic salts, and eaten in quantities carefully graduated to the digestive powers of the patient.

STATE MEDICINE.

George B. Abbott writes to me as follows:

"State medicine is here. Only 'regulars' are allowed to handle accidents insured by the State Compensation Insurance Fund. Think of it. An injured man cannot say what doctor, other than a 'regular' can serve him. The Eclectic College is out of business now. The homeopaths go out in two years. The poor osteopath is the only one left to fight, and the 'regular' is getting him as fast as possible. Will the people of California and the United States stand for this?"

Judging from my experience and observation they will stand it for a long time yet. They seem to like it.

HEALING THE BLIND.

Although the State proved he had restored eyesight to two children by applying a prescription of his own invention, a jury tonight declined to convict Armando Dominguez, a Chino Porto Rican, known as "The Healer" among the Mexicans and foreigners, of a charge of practicing medicine without a license. Two children, both of whom had been sightless, it was declared, were taken on the stand by their mothers, who stated Dominguez had supplied the medicine which had given vision to their eyes. Dominguez didn't charge for his services, one woman saying that she offered him money, but he refused to accept. He is a laborer but writes prescriptions in Latin.—San Bernardino Dispatch, Los Angeles Times.

If Jesus should come to earth today, and heal the blind, he would promptly be arrested and prosecuted for practicing the healing art without a license.

PYORRHOEA.

At the Dental Convention, in San Francisco, last month, Dr. C. E. Markey, of Pasadena, read a 25 minute paper on pyorrhoëa, to which subject he has devoted special attention. It was the only paper covering the subject from all angles. The chairman said it was the best and most logical paper he had heard on pyorrhoëa. There were many papers read on the

subject, but most of the readers confined themselves to local operative work. Dr. Markey appreciates fully the influence of diet on this, as well as other ailments of the body.

A LONG AUTO TRIP.

Robert D. Emery, D.O., and family returned a couple of weeks ago from a 4,000 mile trip, by automobile, during which they visited several of the national parks of the West, Central Oregon, Northern California, San Francisco, and Tahoe. Dr. Emery and his wife, Dr. Lora B. Emery, have resumed practice, at their offices, in the Baker-Detwiler Building.

A LIVE LITTLE SHEET.

The Yakima Mentor, published monthly at North Yakima, Wash., is a live little sheet, "the foe of grafters, monopolies and trusts"—especially medical trusts. It is edited by James F. Zediker, D.O., president of the Zediker Institute of Osteopathy. The subscription is only 25c a year.

AN ETHICAL SANATORIUM.

I have received a circular of a Los Angeles sanatorium which seems to be strictly ethical. The proprietor says:

"Our policy is to take no patients who are under the care of any physician outside of our Sanatorium unless they are sent to us by such physician, and then only apply the treatment under the physician's instruction, and after the course of treatment has been carried through, return the patient to his physician with his faith and confidence strengthened in him. . . .

"With undeviating instruction to every attendant to use their influence, both in act and word, to strengthen the patient's faith in the physician who sends him, we believe we will sometimes save the patient from falling into incompetent and undeserving hands."

In other words, the patients will be ethically treated, even if the treatment kills them.

NATUROPATHIC COLLEGE.

The School for Natural Methods of Healing, of the Naturopathic Institute, 1319 South Grand Avenue, Los Angeles, opens on October 1, but students may join at any time. A thorough theoretical and practical training will be given, in all subjects, and diplomas will be awarded to successful candidates. Students who complete the full course, and pass all examinations creditably, and fulfill the requirements of

the State Board, will receive the degree of N.D. The faculty includes Drs. Carl Schultz, W. C. Bailey, F. C. Birdi, John T. Miller, Henry Gross, Andrew Draser, M. A. M. Carson and Mrs. Miller.

There is also a special course for hydrotherapy and massage, a training school for nurses, and a three months' course of home nursing for mothers, wives, and prospective mothers and wives.

The dean of the college is Dr. Carl Schultz, the registrar Prof. F. C. Birdi.

THE HEALING ART IN GERMANY.

"Much of our medical superstition is imported—much comes from Germany. German medical authority had me bound hand and foot thirty years ago. I was a slave for a time to anything German. Today, if America

DRIED PRUNES

CHOICE FRESH FROM TRAYS

5 1/2c per lb. \$5 per 100 lbs.

C. A. FERRELL

GLEN AVE, POMONA, CAL.

HUMAN INSTINCT

A California missionary brings home the great truth that human instinct, as in lower life, provides the best remedy for any disease. It is within easy reach at all times and entirely without cost.

Handed down from remote ages all Oriental tribes and heathen nations still employ a system of self-cure and all of the ordinary ills are done away with by simply pressing the nerves of circulation.

Surely "good health is good circulation." No more death with consumption, heart disease, change of life, but relief at once. Send for *The Wonderbook* and free trial.

CALIFORNIA CURE, Ave. 61, Los Angeles, Cal.

Protect your health and laugh at old age. That is the expression of thousands.

SINCE DR. LUNTZ PRODUCED THE FAMOUS FLAXOLYN POWDERS, A SUBSTITUTE FOR ALL MEDICINE.

Indorsed by the leading stomach specialists of the United States, for Nervous Dyspepsia, Biliousness, Constipation, Gall Stones and Kidney Complaint. Flaxolyn is strictly prepared from herbs, roots and pulverized fruits. To prove the merits of Flaxolyn. If not relieved, money returned. Thirty days' Flaxolyn treatment, 50 cents.

DR. H. LUNTZ

253 South 13th Street, Philadelphia, Pa.

should give back to Germany all she has borrowed in a medical way, much of medical fallacy would be done away with."—J. H. Tilden, in *Philosophy of Health*.

This is quite true. On the other hand, almost all methods of natural healing practiced in America have originated in Germany. Germany was the home of the water cure, and of reformed diet. Only in Germany have extensive investigations been made regarding the importance of the organic salts, or mineral elements of food. Schroth and Priessnitz, and Hahn, and Rikli, and Kneipp were all Germans. In Germany, the Nature Cure is honored and practiced by regular physicians. In Germany almost every private residence is equipped with simple accessories for use in hydrotherapeutic treatments. Fifty years ago, when my wife was a girl, she was treated by Prof. Esmark, one of Germany's leading physicians, and all he did was to prescribe wet packs.

Let us give credit where credit is due.

The Nature Cure is far more advanced in Germany, where it originated, than here. In Germany natural methods are honored and utilized by the most eminent physicians of the regular school. This has been strikingly brought out by the methods adopted to "mend" shattered soldiers. Near Hamburg, a great hospital has been erected by the government, with two thousand beds, for the purpose of making over wounded men. Here the soldiers are massaged and bathed and exercised back into usefulness. A wonderful percentage recover the use of paralyzed limbs and damaged functions. There are baths—mud, sand, hot air, hot water, acid, light and electric. Also mechanical arrangements of all kinds for stretching limbs.

When will American physicians wake up to the value of the Nature Cure, the sure and only way of restoring health?

As to surgery, I repeat what I have said many times, namely, constructive surgery, for the mending of men, is as admirable as de-structive surgery, for the cutting out of necessary organs, is damnable.

MISTAKES OF MEDICAL MEN.

Recently a local M.D. had an operation performed on his only child, a little girl of three, from the effects of which she died. If he had been an intelligent reader of **BRAIN AND BRAWN** he might have known that the operation was dangerous and unneces-

The New Way

The old theory of drugging for constipation is giving way to something better, something more natural.

Food is the one natural stimulant of bowel action. Coarse, bulky foods are more stimulating than others. If the diet does not contain sufficient bulk this necessary element must be added.

COLAX

a bulk supplying product made of agar-agar—almost wholly cellulose—is particularly suitable for those who are constipated. It supplies the needed bulk—bulk of a wholesome agreeable nature—bulk which furnishes stimulation without irritation—bulk which fills up the intestine, holds the moisture and is so soft and smooth that it passes along without friction carrying with it the natural waste of the body.

Write for free sample and
copy of the Colax book

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Battle Creek, Michigan

sary. I know of two cases of diphtheria, treated by the same doctor, with anti-toxin serum, both of which resulted in death; and three or four cases of typhoid treated with calomel and plenty of food that had the same results.

W. E. JOHNSON.

McLeansboro, Ill.

SERUMS IN THE TRENCHES.

A delightfully angelic bit of humbug is being practiced upon British soldiers. Under the law, they are not required to admit poisonous vaccines and serums into their systems, unless they are willing. Many thousands of them were not willing, and enlisted with that understanding.

Thereupon they found that army officers had invented a sort of non-compulsory compulsion. Unless a soldier allows himself to be squirted full of impurities he has his privileges taken away. Thus the enlightened soldier has to stay continuously in the vile trenches, while his brother, who meekly submits, is allowed many days off and occasionally an extended furlough. This plan has forced many thousands of soldiers into the clutches of the serumites, but there are many others who are staunchly holding out, and during their weary imprisonment in the trenches are pondering on the beauties of having to fight both a hostile army in front of them and a hostile superstition behind them.—“Life.”

NATUROPATHIC MEETING.

The annual meeting of the Association of Naturopathic Physicians of California will be held, in the office of BRAIN AND BRAWN, on the second Tuesday of October. A full attendance is requested.

MEDICAL PRACTICE IN SWEDEN.

My friend, Prof. Baumgardt, tells me that, in Sweden, physicians are engaged by families to prevent disease rather than to cure. They make regular visits, to examine each member of the family, whether they are called for or not. It would be a breach of professional etiquette for a Swedish physician to send in a bill to a patient. At the end of the year, the patient sends the doctor what he thinks is right, and what he can afford.

From my experience in giving health advice by mail, I fear that this system would not work in America.

AN OPENING

An opportunity is offered for an efficient nurse, cook, housekeeper or manager, willing to work, either to take an interest in a naturopathic sanatorium established nearly 15 years, or to take over, on her own account, the boarding and sick room departments. A good chance to make money. The proprietor is too busy with patients to look after these departments. Amount required from \$2500 to \$3000. Part might be paid in installments.

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BREATHING.

At the twenty-second convention of the American Physical Education Association, held in Berkeley, in July, Dr. Tell Berggren, of Coronado, Cal., read a paper on "Breathing and the X-Ray Discoveries of Dr. Hals Dally." The paper was discussed by Dr. E. H. Arnold, of New Haven, Conn.

A RATIONAL M.D.

Dr. R. L. Alsaker, of St. Louis, spent a few weeks in California, including several days in Los Angeles. Dr. Alsaker has built up a large practice in St. Louis as a rational physician. His ideas in regard to the care of the body as set forth in his book "Health and Efficiency," are eminently sound.

AN INTERESTING FAMILY.

Dr. John A. Messenger, of Phoenix, a friend of BRAIN AND BRAWN, has been visiting Los Angeles. He has an interesting family of three children, five, eight and nine years of age. They have never eaten pastry or candy, and the youngest had not eaten cooked food until three and one-half years of age.

A PLACE OF REST.

The San Gabriel Valley is the cream of Southern California, and the Fair-oaks Ranch is the cream of the San Gabriel Valley. Here Theodore Caldwell, and his accomplished wife, have a sanatorium and rest cure, which they call Casa de la Vina—the Home of the Vine—surrounded by four acres of grape vines. The view from the roof of the sanatorium, with great trees in the foreground, would make a grand mural landscape. The Mother Mountains are only a mile or two away, and the Mt. Wilson trail is so plain, that with good eyesight, you may see people going up and down.

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Following is from page 21 of the Year-book of the United States Department of Agriculture, for 1914, just issued. The subject is "Foot and Mouth Disease:"

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MALT TONIC.

As the cooler days of the year approach, you would do well to avoid "soft drinks," and tea and coffee, and get your stimulant in the shape of a little malt tonic, which is more wholesome—not only a stimulant, but a food.

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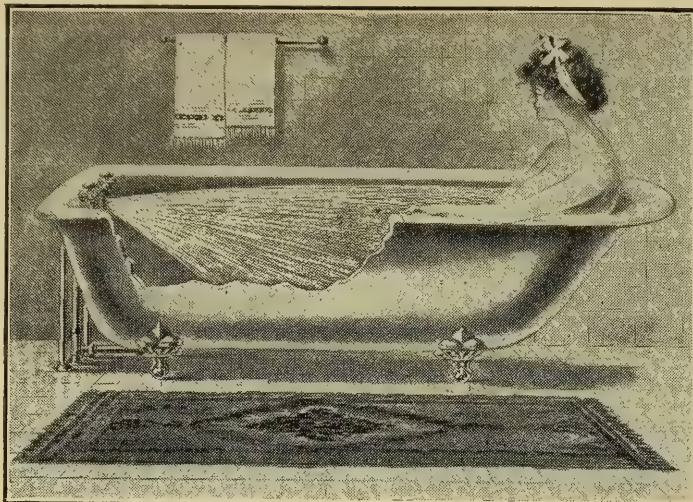
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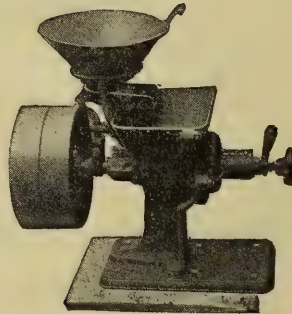
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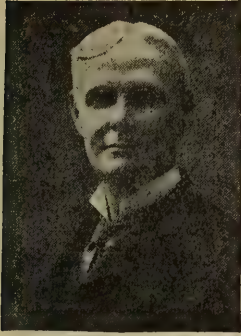
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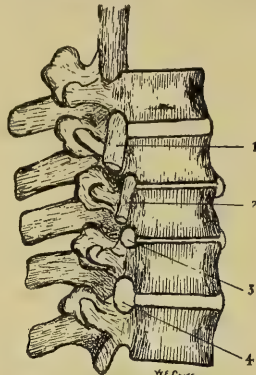
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Brain and Brawn

NOVEMBER, 1915

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Vol. IV

LOS ANGELES, NOVEMBER, 1915

No. 6

Automobiles and Pedestrians

THE growth of the automobile industry is one of the marvels of the age. From being a curiosity, a few years ago, the auto is rapidly supplanting all horse-drawn vehicles. Looking over the advertising pages of the magazines, one is led to wonder how they could keep alive, before the automobile business came in.

There are many advantages to the ownership of an automobile. One can run out into the country, and one may live in the suburbs. On the other hand, there are drawbacks. It leads to the rush habit, and the driver fails to note the interesting and beautiful objects that he passes in his flight. It develops speed mania, and in some cases, recklessness and selfishness. A writer in *Health Culture* says:

There is even more than that in the case against automobiles. The worst feature of motoring is the sense of useless, unnecessary hurry which it inculcates. As people sit in a car, all they want is to get to their destination, regardless of whether there is any need for haste or not.

When they step out of the car this feeling of hurry is still with them, so that they rush at their work with needless speed and worry. No matter how smoothly an automobile may run, it seems to have a disturbing influence on the nervous system.

Apart from the habit of looking out for obstacles and other risks, the fact of objects flying past the vision bewilders the brain. When traveling by train or street car the objects fly past also, but the effect is not the same, for the passenger can fix his gaze on the interior of the carriage, relatively stationary, so far as he is concerned.

This sense of hurry invades the hours of leisure also. Compare a man who arrives home in his automobile with one who has traveled in some other way. The former is often restless, unable to sit down quietly and take repose.

Many golfers say that if they motor to the course, it takes them some time before they can settle down to their game. For the first few holes they tend to press and hurry, not only when playing the strokes, but between them also, rushing after the ball as if they were afraid it would run away.

It is here that automobiles have done the damage, by eliminating many of the changes which formerly took place in daily life and work. The man who once went to his office by train or electric car, or better still, on foot, if distance permitted, now steps into his car and is whirled straight from his own door to his place of business.

The result is that he flies past the interesting little details of life, which previously changed the current of his thoughts. His mind is now occupied with thinking of his work, if he is not agitated by the dread of an accident, which is worse still.

Previously his brain was refreshed by diverting incidents by the way, friendly discussions with his traveling companions, and the by-play which goes on in the stream of life.

As a man said to his partner, when chaffed by him for walking to the office instead of using his car, "It's all right. You got here sooner than I did, but you missed a hundred pleasures in your speed."

Now, when a man finds both his hours of work and those of leisure disturbed by his feeling of unrest, he is on the road that leads to breakdown. He is over-working a nervous system which is in the worst possible condition to withstand strain.

What is the remedy? Automobiles have come to stay, but that does not mean that we are to make ourselves slaves to them. We are bound to use them on occasion, but we should all be the better for traveling quite frequently in some other fashion, when possible.

Scarcely a day passes that the newspapers do not record one or more fatal automobile accidents in Los Angeles and vicinity. The aggregate of deaths due to automobiles in this country, within twelve months, must be appalling. Some idea may be gathered from the statement that during the year 1914, 236 persons were killed, and 3,134 maimed, by automobile accidents in Cook County, Illinois. In Los Angeles, during the past twelve months, the Receiving Hospital handled 9000 cases of automobile accidents. Recklessness of auto drivers cost several hundred lives. At this rate, it is, perhaps, not an exaggeration to say that the automobile claims a toll of 10,000 deaths every year, in the United States. Yet, when we read of a thousand people killed in a steamship accident, we are greatly moved by the tragedy.

Perhaps, when they begin to kill prominent people, it may lead to reform. I noticed in the papers, a few weeks ago, that in one day, the Queen of Holland and her six-year-old princess, and the Kaiser and one of his sons, were hurt in automobile accidents. "Punch" suggested that the only way to stop railroad accidents would be to make one of the directors of the road ride on the "buffer" of the engine.

There is a class of autoists who have developed a contempt for pedestrians, whom they seem to regard as nuisances. Yet pedestrians still have some rights, although as I recently suggested, it may come to a point where a man who has not an automobile will be arrested for vagrancy. Pedestrians pay for the up-keep of expensive roads that automobilists wear out.

When I was a youth, in England, it was my delight to stroll along a leafy lane. I cannot do that here, first, because there are no leafy lanes, but straight, wide boulevards, bordered by telegraph poles, billboards, and artificial looking roses, on galvanized iron supports, instead of hawthorn hedges and elms, and green banks, dotted with violets and primroses, and second, because one has to watch every moment for fear of being run down by a "devil wagon." In the city, outside of the traffic squad district, you take your life in your hand, whenever you cross a street.

Recently, in Los Angeles, a boy shot and wounded an autoist, who crept up close behind him and tooted his infernal horn for the pleasure of seeing him jump. I notice that several correspondents of the papers applauded this act. It shows a growing feeling among the walking public, a feeling that, if not checked, may lead to trouble. The resentment of the people at selfish and brutal automobile drivers is rapidly growing. It is time that right-thinking autoists, who respect themselves and others, should organize to demand the enforcement of severe laws against these speed maniacs, or they will suffer with the delinquents.

The Supreme Court of Georgia, in the case of O'Dowd versus Newham, reported in 13 Ga. App. 220, made this clear statement of the reciprocal rights of pedestrians and automobilists. It may surprise some drivers:

The pedestrian and the automobile have equal rights upon the highway, but their capacity for inflicting injury is vastly disproportioned. It follows, also, from this, that the driver of an automobile cannot be said to be using

the highway within his rights, or to be in the exercise of due care, if he takes advantage of the force, weight, and power of his machine as a means of compelling pedestrians to yield to his machine superior rights upon the public highway designed for the use of all members of the public upon equal terms. Instances are almost a matter of daily occurrence where apparently the drivers of automobiles operate their machines as if they have been granted a right of way over the public highways, and as if it is nothing more than the duty of the pedestrian to yield precedence to the automobile, and to stop and wait until the automobile has passed before attempting to proceed in crossing the street or otherwise using the highway. If there is anything in the argument of priority, man was created before the automobile, and, to paraphrase a quotation from Holy Writ, man was not created for the automobile, but the automobile was created for man. Generally, the natural instinct of self-preservation will inspire in the pedestrian a due degree of caution for his own safety, when he is aware of the approach of an automobile, and this the law will require him to exercise. But he has the right to assume that the drivers of all automobiles are on the lookout for him too, and if he is properly upon the public highway, which he is entitled to use equally with them, he has the right to assume that they are both willing and able to regard his rights. The care required of a pedestrian to prevent injury to himself imposes upon him no imperative duty to be continuously looking or listening to ascertain whether automobiles are approaching, but he is required to make reasonable use of all his senses to avoid danger. He is not, however, chargeable with contributory negligence for failure to run to avoid injury.

In Los Angeles, on one day of October, nine complaints alleging speed were filed in the police courts. One of these men was fined \$10. Under a new ordinance, it is proposed to impose a jail sentence on third offenders and drunken drivers. Let us hope it will be enforced against all, regardless of wealth and position. Fining these reckless persons is a farce. They look on their fines with pride, as the German student regards the dueling scars on his face. They should be given a straight sentence to repair roads, on which they so recklessly drive. Also, the license to drive an automobile should be much more difficult to obtain, and the examination should involve not only skill in driving, but an inquiry into the personal habits of the driver.

As I have suggested, it may come to the point where the people will demand that automobiles have their own private rights of way, like railroad trains. At any rate, a few roads—say about ten per cent—should be reserved for “citizens on horse, on foot, and in carriages.” They need not be expensive, smooth, shiny roads, and they need not be principal roads, but at least, let pedestrians have a chance to go abroad and take the air now and then, without endangering their lives.

Old People and Religion

AS a further tribute to the “glorious climate o’ Californy,” a nonagenarian club has been formed in Los Angeles, with nine charter members, all over 90 years of age. After a debate, it was agreed to admit aged women to membership. The old boys developed a lively discussion as to whether religion might be talked over. Finally, it was permitted, provided there was to be no “acrimonious discussion.”

Vain hope! Religious and political discussions almost always develop acrimony, and seldom convince anybody. These subjects should be disbarred from all mixed clubs.

Men and Money

MANY people seem to set more value on money—gold, silver, or currency—than on human happiness. For instance, in Los Angeles, there has been raised, in certain quarters, a great roar about the two platoon system for firemen, which the citizens recently voted by an overwhelming majority, and there is a movement to reconsider the vote, because the new arrangement will cost a large additional annual expenditure. Suppose it does? That is not the question, but rather: Is the present system humane?

We all know how long and hard was the struggle to get the railroads to adopt automatic couplers. They would not go back to the old system now, if they could.

There is the Seaman's Act, which provides that American sailors shall be treated like human beings, instead of dogs or slaves. The loud protest against it, by shipmasters, is joined by many well thinking people, who do not understand the object of the law.

Thousands of men, who denounce child labor and sweat shops, at a distance, shrivel up whenever their own pockets are touched. Strange, is it not, how so many good people fail to realize that human life and happiness are of more importance than property—that flesh and blood is of more value than silver and gold.

It is, however, pleasing to note that there is an increasingly large number of employers of labor who look to the welfare of the men and women who work for them. This is not only good for the employees, but for the employers, also for society at large.

Beginning to Learn

FOLLOWING is an extract from a book entitled "The Tuberculosis Nurse," by Ellen N. LaMotte, formerly nurse in Chief, of the Tuberculosis Division, Health Department of Baltimore:

In the past few years medical opinion has undergone a great change as to the value of milk and eggs. This rich and highly concentrated food is considered far less advantageous than was at first supposed. By reason of their fat content (especially the case with eggs) they tend to cause indigestion, always a serious complication in pulmonary tuberculosis. For this reason the old idea of living on enormous quantities of milk and eggs has been largely abandoned.

I am glad that the medical fraternity is beginning to learn a little about diet. Meantime, as I said in my article on tuberculosis, in the April number, many thousands of unfortunate victims have been driven into premature graves by the outrageous, unnatural and harmful stuffing into them of food which they are utterly unable to digest and assimilate.

Our legislators are not sufficiently apprized of the rightful limit of their power. That their true office is to declare and enforce only our natural rights and duties and take none of them from us. No man has a natural right to commit aggression on the equal rights of another, and this is all from which the law ought to restrain him. The idea is quite unfounded that, upon entering into society we give up any natural right.—Thomas Jefferson.

Free Women

WE are in the habit of taking it for granted that women enjoy more freedom in the United States than in any other community of ancient or modern times. This is not so. In "What Women Want," Beatrice Forbes-Robertson Hale writes:

In ancient Egypt so much of the matriarchal idea existed that we find women singularly free, owning their own property, engaging in commerce in their own right, holding office, and enjoying the privilege of divorce at will. I know no parallel to this last-named freedom among modern civilized peoples, with the exception of the Burmese, whose women enjoy a liberty greater, in some respects, than that of any women in the world to-day. Incidentally, liberty has not fulfilled the programme of the pessimists, and degenerated into license, for the Burmese divorce rate compares very favorably with that of Christian peoples. It is instructive that the village life of both ancient Egypt and modern Burma is distinctly democratic, though the national government of each is an autocracy.

In Norway, both law and society regard woman as in every respect the equal of man. Women have the same civic rights as men. and use them. At the last parliamentary elections, in 1913, 75 per cent. of the women of the towns who had the right to vote used it. Indeed, the proportion of women who did their duty as citizens and recorded their votes was higher than that of men. A writer in the *Century* says:

All the higher professions are open to women, and at the present time the most important of the professors at the university is a woman, and the leading lawyer connected with the supreme tribunal is also a woman.

The Norwegians refuse to tolerate cheap female labor; if a woman does the same work as a man she gets the same pay. Society is equally just. It does not apply one standard of morals to men and another to women. Both are judged by the same standard and a girl does not lose her position in society for conduct which in other countries is blamed in a woman and condoned in a man.

Some Norwegian couples prefer to contract free unions instead of legal marriages, and now that the influence of Lutheranism on the life of the country is virtually dead, society does not look at such unions askance. In a country where everybody works there is little opportunity for the development of crimes passionels, so, if a couple finds that they have made a mistake and that life in common is too difficult, they just part without quarreling and build up their lives anew. The law provides for the protection of the mother during her time of expectation and for her support and comfort during the six weeks following the birth of her child. Moreover, careful provision is made for the upbringing of children born outside of wedlock and neither the father nor the mother is allowed to shirk the responsibility of parentage.

As a writer in the *Saturday Evening Post* pertinently remarks: "The case is still where it was when Mill stated it. We cling to the notion of inherent masculine superiority. We may, out of our wisdom and benevolence, vouchsafe this or that legal privilege to woman; but to come right out flat-footed and admit to full legal equality—well, that rather runs against the male grain."

The Bible is the best book in the world, but it is not an infallible book. If we use it as Jesus Christ has taught us to use it it will make us wise unto salvation, but it is a terrible mistake to make claims for it which its own pages repudiate. Such a policy has driven thousands of intelligent men and women into infidelity and irreligion. It is high time that we should stop this process and that those who are engaged in this business should be warned of the mischief they are doing.—Dr. Washington Gladden.

Age and Virility

BURDACH mentions a case of a Pole who married his third wife, he being then ninety-three years of age. His last child was born when he was one hundred and three, and the old fellow himself died when he was one hundred and sixty-three. Another instance is also mentioned of a Norwegian, one John Surrington, who died at the ripe age of one hundred and sixty, leaving a son aged one hundred and three. His youngest child, however, was only nine, so that this Benjamin was begotten when his father was one hundred and fifty-one years of age. Truly there were giants in those days. Krugelstein also quotes a case of one Christian Drachenberg, who died in 1812, aged one hundred and forty-six years. At the ripe age of one hundred and eleven he married for the first time, and one year before his death he married a second time; and Felix Plater instances the case of his uncle, who had a child in his one hundredth year. I do not vouch for these statements. I merely pass them on as I find them. It is undeniable that old men have begotten children.

Following are extracts from an article by the late Dr. C. S. Carr in the Columbus Medical Journal:

There is such a thing as normal sexual impotency, a time when a man or woman arrives at the age when the sexual functions are no longer active. This is exactly as it should be. With the woman the menopause, or change of life, should indicate the approach of the time when her sexual instincts begin to disappear. About the same age a man's sexual functions begin to wane also. The subsidence of these functions at this time of life does not indicate weakness or physical imperfection of any sort. But it is perfectly normal, exactly as it should be. The season of procreation has passed.

Like the flower or fruit or pod, man's sexual life is limited, not by the duration of his life, but by physical limitations perfectly natural. Neither does the waning of the sexual activities indicate a loss of physical or mental power. Indeed, a person's best mental work is often done after the period of sexual activity has entirely passed. . . .

All this has been said in order to say something further. The world is full of men and women who have discovered that their sexual powers are waning. They have arrived at an age when it ought to be so. But these people make the mistake of supposing that these feelings ought to continue indefinitely. The man finds himself incapable, or the woman finds herself indifferent. This excites regret and sometimes fear. These people believe that something is the matter. They begin to apply to doctors for a remedy. They begin to correspond with those people who advertise medicine to restore lost manhood and womanhood. They soon find themselves taking harmful stimulants to prod and worry the sexual organs into an unnatural activity. Phosphorus, strychnia, cantharides and cannabis indica are tried, one after the other, to artificially extend the period of sexual activity. . . .

The attempt to prolong the natural period of sexual activity with drugs is as futile as to attempt to prolong life by the use of drugs. Every day I am in receipt of letters from men and women who have made themselves miserable by such drugs. While much can be done to restore and in some cases prolong the period of sexual potency, it is equally true that neither of these things can be accomplished by drugs.

Beware of those who advertise remedies for lost manhood. Such advertisers not only can not restore lost manhood, but they themselves have lost every vestige of manhood to attempt to practice such a fraud on others.

These suggestions are good, except that the decline of the sexual functions in the male comes—or should come—later than in the woman. This is one reason why it is well for the wife to be younger than the husband.

Also, the writer should have added that the sexual functions, like other functions of the body, depend upon the general health, and that, again, depends upon the manner in which a person lives. Mere local treatment, whether of these or any other parts of the body, is of no permanent avail.

Sexual power may be increased, restored and prolonged by the natural method of living—by a well selected non-stimulating dietary, deep breathing, air baths, and so forth. Indeed, I have seen remarkable cases of restoration of impaired faculties—including eyesight and hearing—in those who have conscientiously and patiently learned and practiced the true science of living.

There comes a time, however, when the fires of youth begin to burn low. Happy the man who is able to recognize this and to grow old gracefully. Such men find many and great compensations and possibilities in old age. Many of the greatest mental works have been produced after sixty. On the other hand, there is no more pitiful figure than the old gallant, who strives to make himself and others believe that he is still a gay youth, and a "lady killer."

The Brotherhood of Man

THREE years ago in the November, 1912, number, I wrote as follows, under the heading "Aerial Warfare." At that time nobody was dreaming of war, except a handful of men who were on the inside. What I said then is equally pertinent today. The French have organized a regular aerial battle fleet:

The French seem to take as naturally to the air as ducks do to the water. A French aviator in England, not only won a \$25,000 prize offered by the British government, but did such wonderful scouting that the maneuvers were hastily abandoned, and a council of war summoned to consider the new menace. Are we to suppose that the aeroplane may accomplish what Hague tribunals and Carnegie subscriptions have failed to effect—the abolition of war? Alas, we should be foolish to entertain any such vain hope. Just as we have for many years witnessed a game of "beggar my neighbor" between irresistible guns and impregnable armor plate, so now shall we probably see a more awful and deadly battle for supremacy in the air.

Thus will it continue to be as long as the great mass of human beings are so foolish, and ill-balanced as to be easily led astray by false, patriotic frenzy, evoked by the sight of colored flags and the listening to oratorical claptrap; as long as they are willing to offer up their lives as sacrifices to serve the mercenary or ambitious ends of those who pull the strings. It will continue until the people learn that all men are brothers, no matter what flag they flaunt, or language they speak. It will continue until men can honestly say:

"My country is the world! I count

"No son of man my foe,

"Whether the warm life currents mount

"And mantle brows like snow,

"Or whether yellow, brown, or black,

"The face that into mine looks back."

When shall we see that day? Echo answers: When?

It is true that we might do a vast amount of good if we were wealthy, but it is also highly improbable; not many do; and the art of growing rich is not only quite distinct from that of doing good, but the practice of the one does not at all train a man for practicing the other.—Robert Louis Stevenson.

A Vacation in Santa Cruz County

I WILL tell you about a six months' vacation I took, thirty-eight years ago, in 1877, before many of you were born. It was in Santa Cruz county, in my estimation the most charming county of California. I feel homesick when I think of the long, deep lanes, shaded by giant redwoods, so that the sun penetrates them only a few hours a day, the ferns six feet in height, the pungent smell of burning redwood, the unforgettable odor of decaying wood and vegetation in the rocky streams, and the little vineyards and apple orchards, amid clearings. Then, in the early mornings of autumn, when there is a touch of frost in the air, and the vines are turning yellow, and scarlet, and purple, and the second crop muscats are golden and sweet as honey, you hear the plaintive call of the quail, from out of the light mist that hangs among the redwoods.

Northern California has what we lack—wood and water. If we had the natural advantages of Northern California, and they had our enterprising people, the state would today contain a population of ten millions.

I started from Santa Cruz with a young Englishman, whom I later discovered to be a "remittance man," sent out of his country for his family's good. He gave me much trouble, before I finally got rid of him. We laid in some plain grub, chief of which was a ten pound sack of oatmeal, as being filling and cheap. Also a big iron kettle. Also, a fishing pole, and line, but even at that early day, we found that the trout had been mostly fished out by "trippers." Then we tramped.

On the evening of the first day, we arrived at the top of a high ridge, by the cabin of Mountain Charley, a well-known character, who had had trouble with a grizzly bear, and lost part of his face. We left our pot, with the grub in it, near a pond, and went to get fire wood. On our return there was no pot. Then we saw a couple of hogs rooting in the pond, and behold, there was our iron pot, every bit of the grub having been devoured, so we had to get a loaf from Charley, and call that a supper.

Next day we worked down to Los Gatos creek, on the Santa Clara Valley side of the mountains. There, near an abandoned sawmill, we camped for six months, in the primitive cabin of a wood chopper, who had taken up 160 acres of partly cut-over timber land. He was glad to have our company, and we helped him a little—at least I did. Probably, during the six months, I cut as much as a cord and a half of wood. On one occasion, when he went to Santa Cruz, I threw down madrone stove wood from a ridge into a wagon road below, and worked for a couple of days stark naked. I still have freckles on my body to prove it. If any one had seen me, he would certainly have thought me crazy.

Our fare was the plainest, consisting chiefly of red beans and home baked bread, cooked in a Dutch oven, molasses, and barley coffee, to which I added a few apples from an abandoned orchard. We would sometimes leave the beans to bake in the hot ashes, and go away for a day or two. One day, returning from Santa Cruz, when still a quarter of a mile from the cabin, we smelled an odor that told us our beans had gone up. Burned beans have a very pungent smell.

Every day I would take a dip in a nearby creek. I had been sick as a youth, and not expected to live, having been inoculated by medi-

cal science, with a scrofulous virus from a scrofulous infant. As a consequence, I lost the use of one finger, one ear, and came near dying. When I went into those mountains I was feeble. When I left I was as lusty as a hobo, and as fat as a pig. On returning to San Francisco my friends scarcely recognized me. That trip was certainly good medicine.

Alas for the golden days, when all the world was young, and every goose a swan.

“Dieting”

YOU sometimes hear a person say: “Oh, yes, I’ve tried dieting. It did me no good.” What a queer remark. There are as many kinds of diet as there are foods—good, bad and indifferent. Some “reform” diets are much more harmful than an ordinary mixed menu. For instance, raw cereals, which require the digestion of an ostrich.

Then, again, it is not only what you eat. That is not even the main question, but how much, how often, whether you masticate the food thoroughly, and whether you eat when you are not hungry, or are tired, or excited, or angry. All these things are of more importance than what you eat. A little bad food, eaten slowly, when you are hungry, is better than much good food forced into a stomach that is not prepared to receive and handle it.

Yet, again, there is the question of food combinations. Some good foods, eaten together, produce slow digestion and fermentation, and raise the dickens within you. The fewer foods you eat at a meal, the better.

To say that there is nothing in the selection of food of which the body is built, is as foolish as to say it matters not whether you choose shoddy or wool for a suit of clothes. I have yet to meet the person who has not benefited by regulating the diet, according to the laws of Nature, whenever a fair trial has been made, say for at least three months. It is absurd to expect that the effects of wrong habits, extending over twenty years, can be removed in as many days.

All this does not mean that you should become a food crank, and analyze everything that goes into your stomach. That is a straight road to dyspepsia. Learn what, how and when to eat, in order to maintain health and efficiency, and then “forget it.”

A Friend of Man

THOMAS PAINE, first of all men, proposed American independence; suggested the Federal union of States; proposed the abolition of negro slavery; suggested protection for dumb animals; proposed arbitration and international peace; advocated justice to women; pointed out the reality of human brotherhood; proposed old-age pensions; suggested international copyright; proposed the education of children of the poor at public expense; suggested a great republic of all the nations of the world; and urged the purchase of the great Louisiana Territory.

For he who lives more lives than one; more deaths than one must die.—Oscar Wilde.

Buttermilk and Sour Milk

BUTTERMILK is a food that can be used by many who cannot tolerate sweet milk. Not a beverage, mind you. Like all other foods, it must be "chewed," or it will disagree. It is hard for city dwellers, especially in these parts, to get pure, fresh buttermilk "like mother used to make."

Desiring to learn something about buttermilk, as sold in Los Angeles, I addressed a letter of inquiry to the local inspector of food and drugs for the California State Board of Health. In his reply, he said:

Most of the alleged buttermilk for sale in drug stores and saloons in Los Angeles is artificial buttermilk, the ingredients used being dessicated buttermilk, or dessicated skimmed milk, to which a small amount of fresh milk and plenty of water are added, together with a composition known as B. Bulgaricus. The compound is then submitted to a certain treatment, whereafter it is put on the market as buttermilk without any qualification.

The inspector added that there is only one brand of buttermilk in the city containing a preservative. It has a distinctive name, claims to be "better than buttermilk," and contains, as declared on the label, one-tenth of one per cent. of benzoate of soda.

Of late there have been established in Los Angeles several places where you can see milk churned, and butter and real buttermilk made "while you wait."

Here are remarks on the subject of sour milk by the late Dr. C. S. Carr:

It is a great mistake to suppose that old sour buttermilk is poison. It is a very natural mistake to make, however. Lactic fermentation of milk is wholesome, no matter how far it may be advanced, but at the same time milk is exposed to the lactic ferment germs it is also exposed to putrefactive germs, but the germs of putrefaction have no chance to get in their work so long as the germs of lactic fermentation are at work. They are the stronger and they destroy the putrefactive germs, or at least prevent them from getting a foothold.

Natural milk allowed to sour will not putrefy, but if the milk has been pasteurized, or sterilized the germs of fermentation have been destroyed, which gives the germs of putrefaction a chance. Such milk will not sour in a natural way, but will putrefy and is poisonous.

Beware of milk that has been pasteurized or sterilized. It cannot sour, it can only putrefy. If drunk immediately after pasteurization or sterilization it is not poisonous but very unwholesome. The milk's nutritive qualities have been greatly impaired and its use induces severe constipation. But if pasteurized or sterilized milk is allowed to stand except on ice it will very soon putrefy and become poisonous.

To the above remarks by Dr. Carr it may be added that the same is true of sweet milk. Sterilizing—and in a less degree pasteurizing—of milk not only causes it to putrify easily, but coagulates the albumin, making it difficult of digestion, and also radically changes the organic salts. For this reason pasteurized or sterilized milk is a starvation food, and should never be fed exclusively to infants, or it will result in constipation, rickets and consumption. Get as pure milk as you can from pure cows in a clean dairy. Do not let the fear of "bugs" lead you to starve your infant.

A vast amount of the poor, illogical, insipid, morbid, extravagant, pessimistic thought that finds its way into books and sermons and conversation, has its origin in poor bodies and bad health. The body lies at the basis of success, in all respects.—Rev. Dr. Myrner.

Cruelty to Animals

CRUELTY to animals is largely a matter of thoughtlessness. Children are not taught that animals have feelings, like human beings. The boy who ties a tin can to the tail of a dog, and laughs when the animal runs terror stricken down the street, is encouraged by the cheers of "grown ups," who should know better.

A correspondent criticises a custom that has grown up in Los Angeles, of keeping chickens, rabbits, and other animals, in warm weather, in the show windows of real estate offices, to illustrate the possibilities of acre farms. They are behind glass, with little air, and often with no water. Somewhat similar to this is the custom of keeping gold fish in the glare of the sun, birds in small cages, and dogs without water, which is the main cause of what is called "hydrophobia."

This is not active cruelty. On the contrary, these pets are beloved by their owners. It is a failure to think, and to put yourself in their place.

When man, by his superior intellect, enslaves those he is pleased to call the "lower animals," he should at least see that they are treated with consideration. "The merciful man is merciful to his beast."

How to Be Happy, Though Married

IN these days of frequent and speedy divorces, it is interesting and encouraging to note how many couples celebrate their golden wedding. At one of these events, in Los Angeles, last month, the old lady wore the same hat she had worn at her betrothal, and the whirligig of time had made it strictly in fashion. She gave this good advice:

The great secret of success in married life is the realization by both the man and the woman, that no two persons are born with the same temperament, and the following out of the philosophy of "give and take." Those who faithfully follow this plan will insure their marital happiness.

This is, indeed, the main secret of happiness in married life. Suppose, in passing along a street, all should insist on pushing their way through, without yielding an inch. What an awful jam it would be. If all married couples would learn to "give and take," it would avert nine-tenths of married quarrels and divorces, now so unfortunately frequent.

Hesiod divides mankind into three classes: Those who think for themselves, those who let others think for them and those who will neither do one nor the other. The second class, however, comprises the great mass of society, hence the origin of party, by which is meant a large body of people, some few of whom think and all the rest talk.—Washington Irving (1808).

He who has learned to love books has found the avenue to contentment, and he who has learned to apply the accumulated wisdom of the centuries, which he gathers through books, to the busy world that surrounds him, has found the secret of service.—Richard Lloyd Jones.

The Man in Uniform

THERE is an old saying that "Dress makes the man." Certainly, the wearing of a uniform, whether by the general of an army, a policeman, or a hotel porter, often tends to bring out traits not observable in the same person, when clad in "mufti," although those traits were only latent, for a uniform does not change the nature of the man who wears it. It merely gives opportunity for "demonstrating." "The Colonel's lady and Mrs. O'Grady are all the same under the skin."

Unfortunately, this opportunity granted to those "clothed in a little brief authority" sometimes brings forth evidences of brutality and injustice in guardians of the peace, military and civil. Thus, in the war, we read of some soldiers who give their last drink to a wounded enemy and be-mother orphan children, while others stab fallen foes and ravish women. Soldiers and policemen are but men, a fact we are sometimes prone to forget.

Also, a uniform does not smother political and race prejudice. Before the Russo-Japanese war, a Japanese policeman would accord quite different treatment to a British or a Russian sailor, arrested under similar circumstances. Indeed, the former probably would not be arrested. And so it goes.

A policeman has great power, that should only be entrusted to those who are thoroughly capable of exercising it with discretion. It is more important that a policeman should possess moral, mental and physical poise, than that he should have so many inches of chest expansion.

Mining

STOCK in an Arizona mine, largely held by Angeleños, has advanced, within a year, from five cents to ten dollars a share.

For every case of this kind, there are hundreds in which the owner of stock loses all he invests. As in lotteries, you hear only of the rare prizes.

Even when the prospect is good, the capital ample, the management efficient and honest, mining is a gamble. What chance, then, when all, or most, of these conditions are lacking?

Mining, like polo, is a rich man's game.

The Yearning for Motherhood

IN his novel "The New Machiavelli," H. G. Wells makes one of his woman characters say:

Children get into a woman's brain—when she mustn't have them, especially when she must never hope for them. Think of the child we might have now!—the little creature with soft, tender skin, and little hands and little feet! At times it haunts me. It comes and says, Why wasn't I given life? I can hear it in the night. . . . The world is full of such little ghosts, dear lover . . . little things that asked for life and were refused. They clamour to me. It's like a little fist beating at my heart. Love children, beautiful children. Little cold hands that tear at my heart! Oh, my heart and my lord!

Plow Up the Private Parks

SOME of the English papers are beginning to exhibit anxiety regarding the food supply of Great Britain. Several of them suggest an obvious method of greatly increasing the supply, namely, by planting at least a portion of the immense area that has been allowed to go back to grass, in the shape of private parks and game preserves. Thus, the *New Statesman*, a London paper, says:

By putting back under the plow the 4,000,000 acres that have gone to grass since 1872, the nation could add \$250,000,000 worth of food to its production, and thus diminish its annual imports by that large sum. . . .

No nobleman's park has been plowed up since the war began, in order to diminish our dependence on imported wheat, yet it is a universal obligation under which we have come—an obligation which will presently have to be embodied in law, if we do not voluntarily respond with sufficient alacrity.

Wash Your Fruit

MY readers know that I am not afraid of "bugs." Still, when a person is enervated, it is dangerous to continually take filth into the stomach, for a long period.

An analysis of grapes, from the outside of a cluster, bought at a fruit stand, showed a large number of colon bacilli per grape. Always wash your fruit before using it, if you are not so fortunate as to be able to gather fruit fresh from the tree or vine.

There are several reasons why everyone should try to grow a few berries, if nothing else. First, you get them fresh; second, you get them ripe; and third, you get them free from the filth that floats in the atmosphere of business streets, and settles on fruit stands.

An Objectionable British Type

THERE is a certain type of man whose conversation is wholly made up of sport in its various aspects, women, shop, and crude personal gossip—a type which numbers its tens of thousands in English society. It can be met with, to utter weariness of the soul, in any heterogeneous gathering of upper- and middle-class Britons. They are God's creatures, it is true; many of them are possessed of estimable qualities, some of them have performed deeds of heroism. But as a type they are a glaring satire upon the vaunted culture and refinement of our civilization. And it is a remarkable thing how little their power and influence are recognized by writers in their analysis of the spirit of this century. This vast overwhelming type does not read, does not think, does not care for art or music, has no power of penetration to the heart of delicate things. It is dull, brawny, selfish, and a pillar of the Church and State. Its main subjective characteristic is the brutality of its views concerning women, varying from the kindly disdain of its highest members to the degraded brutality of its lowest.—W. J. Locke.

The greatest danger to child life is over-education. The work of wrecking the nervous systems of the children of the United States is well under way.—Luther Burbank.

Is American Stamina Failing?

AS a nation we are falling below the highest standard of physical fitness. The wear and tear of modern life is telling on us. And as the most important thing in warfare is still the man behind the gun, a campaign for national defense must include a determined effort to adjust our habits of life to the new conditions, to get back the strength and self-reliance of our pioneer ancestors, and to devote more attention to the rational care of our bodies and their organs. Vital statistics indicate that if the present trend of physical decline continues the time will come when we shall have to depend upon a weak, soft-muscled, flimsy-fibered people for the defense of the Republic and the perpetuity of the race.

There are plenty of people who will say that they have noted no such tendency, but we can not depend upon observation in our own environment for such information. Nor must we attempt to judge the trend in the nation by our observations in any one class of people. We must take the American people as a body. And when we do this we find the resisting power of the heart, arteries, and kidneys, which work incessantly from birth to the grave, has steadily declined.

These organs are breaking down and giving way too soon. The increase in mortality in three decades from these causes has been about 100 per cent., and it is confined to no particular class or element of the population. It is increasing everywhere.

Therefore, while we are teaching our men the manual of arms and how to drill, is it not important that they also be taught how to live the hygienic life and to avoid the deferrable and preventable diseases which are now weakening and destroying so many precious lives?

The American people are especially in need of being taught how to eat correctly and to get the habit of taking natural exercise.

Athletics are popular. The people, and especially the young, love to applaud those who engage in athletic sports. But the number of school children and of adults in sedentary occupations who actually take natural exercise or who practice setting-up or physique-building exercises is very small in our vast population.

In a sense we are a strenuous people, and yet the most of us are constantly in search of physical ease. We have almost forgotten how to walk. The extraordinary increase in labor-saving and time-saving devices and the increase in wealth have placed an enormous number of American people in the physically inactive or sedentary class. This number is constantly increasing, not only among the well-to-do, but in our factories and industrial plants, where muscular effort is less and less required. . . .

The march of progress has become a stampede. A physically weak nation has a good chance to be trampled under foot. The fact that the productive working period of life is apparently shortening is really the most important phase of the decline in the defensive power of the nation.

Why should not the campaign for national defense include a program for teaching people how to live healthful lives—how to build up and maintain a high standard of physical fitness?—Elmer E. Rittenhouse.

Briefs

Mr. and Mrs. Geronimo Lopez, of Fernando, Cal., celebrated their sixty-fourth wedding anniversary on October 16.

Western college girls resolutely that the President re-marries too soon. If they were older, and knew more, that would be impudence.

A Los Angeles evening paper asks: "Can Woman be Beautiful at 40?" What rot.

When the Prince of Peace was born, the standing armies of the Roman Empire numbered 300,000 men. In the year of Our Lord 1915, there are about thirty million Europeans under arms.

The Germans seem to want a monopoly of "frightfulness" in Belgium. The German governor, Von Bissing, has forbidden Belgians to put out the eyes of song birds.

To win ten prizes of the Catalina Tuna Club, W. C. Boschen, of New York, fished daily for 110 days, with an average time on the water of eight hours.

A German military surgeon, 81 years old, is serving at the front.

The purchasing power of the dollar in 1898 was \$1.25. In August, 1915, 70c.

A Pasadena undertaker claims to have solved the secret of the Egyptian mummy, by the use of absolutely dry air.

An aged woman of Alameda County, left \$250,000 to two young women who had been kind to her. "Cast thy bread upon the waters."

Dr. J. R. Price, of Chicago, says removal of the appendix stimulates the blood and cures corns and bunions. Removal of the head might stimulate Price's brains.

Delegates to the American Meat Packers Association predicted that the growth of vegetarianism would eventually bring about a decrease in meat prices.

The war is acting like yeast on the stolid British brain. A correspondent of the Westminster Gazette questions the omnipotence of God.

Andrew Lang, of Oberammergau, imitator of the Christ, on the stage and in private life, was killed while fighting at the front. What a mockery.

Property owners of Highland Park, Los Angeles, have been taxed \$74 on the \$100 of valuation, for road improvements. There are two sides to property owning.

Convention attendants in Los Angeles, for June-July, numbered 17,412; in Seattle, 14,972; total for Pacific Coast, 40,000.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, NOVEMBER, 1915

No. 6

Merely a Suggestion

I FREQUENTLY receive letters from subscribers, congratulating me on the good work BRAIN AND BRAWN is doing, in spreading the Gospel of Health, teaching people to think for themselves and exposing the dangers of medical superstition. These letters come from men and women in all walks of life—from humble editors, like myself, from bankers, and other non-producers, up to worthy and honorable mechanics and farmers, and from those who follow the most noble of all occupations—from housewives and trainers of the rising generation.

I assure you that these tokens are highly appreciated. They cheer me on my way. One who is poor and tells the truth as he sees it needs all the encouragement he can get.

You may help in a more material way, if you please. If each subscriber would send in a year's subscription for a friend, it would go a long way to lighten my burden, and it would not tax you much. Or the magazine will be sent for a year to five addresses for three dollars. In this way, you may do good to your friends and to me at the same time.

As you know, I am not in the habit of whining, or asking for help, but then, Christmas will soon be here and—well, anyhow, I thought I would just suggest this to you. What do you think about it?

Panama and Nicaragua

IN view of the repeated slides on the Panama Canal, and its temporary closing to traffic, many will be asking the question I put about a year ago, namely, whether it would not have been wiser to select Nicaragua, the only route discussed in the United States twenty-five years ago. It is longer, but cheaper, and the climate is much better.

In any case, we shall need two canals before long, so why not "double track" the Isthmus? Last winter President Wilson negotiated a treaty with Nicaragua, giving to the United States the exclusive right to construct a canal.

Why gamble in Wall Street, when there are so many attractive and safe investments for money in Southern California?

Religion

BECAUSE I have been somewhat free in my discussion of religious subjects, several correspondents have recently sent me copies of a sheet published in Missouri, the specialty of which is abuse of the Roman Catholic church. The papers went into the garbage can, where they belong. I am as strongly opposed to religious, as to medical tyranny, but not in that way.

The Roman church invites antagonism, because of its great wealth and power, and its perfect organization, also because, it has an unpleasant record as an opponent of enlightenment and progress. Men cannot so easily forget Galileo and Bruno. On the other hand, we should remember that Roman Catholics have been burned at the stake in Protestant England and innocent men and women done to death in Puritan Massachusetts, all in the name of religion.

We should watch against any attempt to introduce the teachings of any religious sect in our public schools, or the introduction of religion into politics. A man must be perfectly free to choose his own priest and his own physician. Apart from this, religion is a personal question between a human being and the God or gods he worships. His belief should be respected, if it cannot be shared, so long as it does no harm to others.

Religion of some kind seems to fill an instinctive demand in the minds of those who have not evolved sufficiently to be able to follow Good for its own sake. Even the atheist will often involuntarily call on a God, in whom he professes to disbelieve, when he is in great danger or tribulation.

Of what the future has in store for us we are utterly ignorant. Yet, as I have heretofore said, to attempt to deprive a fond mother of the belief that she will meet her boy in the Great Beyond is an act of futile cruelty. Leave her the joy of her simple faith. After all, she may be right and you wrong. Who knows?

“Strange, is it not, that of the myriads who
Before us pass’d the door of Darkness through,
Not one returns to tell us of the Road,
Which to discover we must travel too.”

“I chatter, chatter, as I flow, to join the brimming river; for men may come and men may go, but I go on for ever.” Awful prospect, I hear you say. But then, you don’t have to read my stuff, if you don’t want to.

Some seem to interpret “industrial freedom” as license for the employer to enslave his employees.

A Home Product

THE Los Angeles Chamber of Commerce has named the first week of November as "Home Products Week." Stores will make special displays of things "made in Los Angeles."

BRAIN AND BRAWN is a home product, and I may say without boasting that it is one of which home folk have no reason to be ashamed. Not many magazines are published in California. While boosting home products, do not forget BRAIN AND BRAWN.

Censoring Advertisements

I DO the best I can, in censoring advertisements. Seldom a month passes in which I do not refuse several, although I need the money. If I were as strict as I might be, yours would be about the only advertisement in the magazine, dear patron.

All I ask is that advertisements shall be decent, truthful and honest. Drugs, serums and harmful things of that kind are, of course, barred.

What is Truth?

Hast thou, 'midst life's empty noises,
 Heard the solemn steps of Time,
 And the low, mysterious voices
 Of another clime?
 Early hath life's mighty question
 Thrilled within thy heart of youth
 With a deep and strong beseeching,—
 What, and where, is Truth?

Not to ease and aimless quiet
 Doth the inward answer tend;
 But to works of love and duty,
 As our being's end:
 Not to idle dreams and trances,
 Folded hands, and solemn tone;
 But to faith, in daily striving
 And performance shown:

Earnest toil and strong endeavor
 Of a spirit which, within,
 Wrestles with familiar evil
 And besetting sin;
 And, without, with tireless vigor,
 Steady heart, and purpose strong,
 In the power of Truth assaileth
 Every form of wrong.

John G. Whittier.

Brooklets

When an artist beats his wife, it is "temperament." When a laborer does the same, it is brutality.

* * *

The Course of True Love: Chap. I. Hallucination. Chap. II. Infatuation. Chap. III. Realization. Chap. IV. Disenchantment. Chap. V. Discord. Chap. VI. Divorce.

* * *

Put off hate and anger when you take off your clothes, and go to sleep at peace with all mankind.

* * *

If you eliminate from the average American newspaper crimes, disasters, baseball news, and department stores, there is little left.

* * *

If snorers could only hear themselves as others hear them.

* * *

To lie is foolish, because you must worry to cover it up.

* * *

Women's hats are sometimes ornamental, but seldom useful.

* * *

Don't put off doing things until tomorrow. Tomorrow never comes.

* * *

Politeness, like charity, should begin at home. Too often it does not even end there.

* * *

Some chatter so much that you wonder when they find time to think. Perhaps they don't think.

* * *

The Scotch are good fighters. Anyone who eats oatmeal porridge and haggis must want to fight.

* * *

To strengthen the muscles is good, but to strengthen the will is more important.

* * *

In addition to "suitatorium" and "healthatorium" there is now, out my way, a "theatorium." I think I shall start a "Thinkatorium."

* * *

Those whose work involves nerve control should go slow on coffee and tea.

* * *

Storekeepers have the choice of working for the landlord, or paying cheap rent and having few customers.

* * *

One result of the war will be the survival of the unfit.

Clean Up

IN the Monthly Bulletin of the California State Board of Health for June were a number of illustrations, depicting filthy conditions in rural California, including water supplies with manure piles and privies close by. In one case a privy is built over a river, from which several domestic water supplies are taken. Raw human sewage is used to irrigate vegetable gardens; old privy vaults are within twenty-five feet of open wells; milk cans are deposited alongside unscreened privies; men sleep in milk houses that are full of rubbish; dirty stables and manure piles attract swarms of flies; hotel kitchens are cluttered up with rubbish and smeared with grease.

As my readers know, I am not afraid of "bugs," and do not believe in "infection" or "contagion." Yet, these conditions are not only disgusting, but dangerous, because they tend to decrease vitality and produce enervation, which renders a person liable to disease, when atmospheric conditions are unfavorable. Therefore, in calling attention to these conditions, the bulletin is doing good work. People should be made to keep their surroundings clean if they will not do it voluntarily.

Why Food Stimulates Before it is Digested

SINCE most foods are not assimilated by the system directly from the stomach, and as food remains in the stomach several hours after being swallowed, the well-known fact that eating relieves fatigue almost immediately has long been puzzling. But recent studies of the still mysterious action of the gastric juice offer a rational explanation. When the stomach is empty this digestive fluid draws directly upon the blood, thus depleting the amount of nourishment necessary to the muscles, and producing fatigue. But the depleting action ceases immediately when food enters the stomach; hence the feeling of refreshment that follows a meal.—Exchange.

All the same, an occasional fast is a most excellent thing.

Delayed Triplets

AT 1:50 A.M., on September 22, Mrs. George I. Lunstedt, of 360 West 62nd St., Los Angeles, had a girl baby, weighing 5½ pounds. Nothing remarkable about that. But wait. At 1:15 A.M. on Friday, September 24, Mrs. Lunstedt had a boy baby weighing 6½ pounds, and ten minutes later, she had another girl baby, weighing 6½ pounds. At last accounts, mother and children are doing well.

Mrs. Lunstedt had no physician to attend her. Had she had one, he might, to save time, have hurried things, to the detriment of mother and children. She was attended only by an aunt, acting as nurse and midwife.

May I, once more, be permitted to comment on the possibilities of the wonderful climate of Southern California?

Either mankind must succeed, within quite a brief period of years, in establishing a world state, a world government of some sort able to prevent war, or civilization as we know it must break up into a system of warring communities, perpetually on the warpath, perpetually insecure, and engaged in undying national vendettas.—H. G. Wells.

According to the Rev. Camden M. Coburn, of Allegheny College, St. Paul was bow-legged, and married.

No Wonder He is Sick

THERE is an extract from a letter sent me by an Eastern man, who sought my dietetic advice:

"I don't drink—not even tea or coffee, which gives me sour stomach. Don't use tobacco in any form. Heavy eater. Constipated. Sometimes feel a little irritation around the appendix; also occasional pains in the back. Crave sweets, like candy and icecream, which I indulge in very heavily. Average day's diet: Breakfast; cereal or fruit, meat or a couple of eggs, fried potatoes, several slices of bread. Lunch; meat sandwiches, fruit, several pieces of cake. Dinner; meat, potatoes, vegetables, bread and butter, cake, pie, pudding or jam."

This man, who eats meat three times a day, and overeats, especially of sugar stuff, yet wonders that he is afflicted with acidity of the urine.

My experience in giving dietetic advice leads me once more to remark that it is wonderful, not that so many people are sick and die, but that so many are able to walk around on their feet.

Fig Poison?

I KNOW of no place where figs grow so luxuriously as on Catalina Island, the South Pacific island three hours from Broadway, Los Angeles. When I was over there a few weeks ago, I called at the picturesque Swiss cottage home of John Kassar, locally known as "Yellow Tail Johnny." There Mrs. Kassar gave me and my wife some most delicious black figs grown in their garden. She also told me of having heard that the white milky juice which exudes from the stem of the fig, when it is picked, is poisonous, externally, and told of a friend who had lost her eyesight by accidentally rubbing some of the juice into the eyes.

This is the first time I ever heard of such a thing. I have picked figs, on and off, for nearly forty years, and hundreds of thousands of others have done so. In many cases they must have rubbed their eyes, when picking.

I should be glad if any of my readers could throw any light on the subject.

Small Business

LAST month I criticised a statement in Collier's Magazine, by Emily Post, in which she said that "the only good hotel in Los Angeles charges hold-up prices." As I remarked then, there are 200 hotels in Los Angeles, most of them good, of their kind. Morgan Ross, manager of the Alexandria Hotel, writes to me as follows:

"I had seen this statement in Collier's and, upon looking the matter up, found the lady had been here and had rooms at the regular rate we charge, summer or winter, whether the house is full or not, and not at any 'soaring' or 'hold-up prices.'"

"At the other hotels at which this lady has stopped, she has apparently made herself known and they have complimented her account, which we would have done under similar circumstances."

It thus appears that Emily was peeved because she did not get free board and lodging. Small business.

Why Germans Are Often Disliked

IN his personal behavior to strangers the German gives cause for mistrust and dislike. We shake our heads over the fact and wonder why the German is so unloved in foreign lands. It is even more than dislike that makes them call him an "insufferable prig." Envy of German success is not sufficient to explain this; we must look for personal reasons. . . . Offense often arises from a naive over-confidence and a harmless familiarity which is not understood by the polished Latins and the stiff English.

If a German of the kind sees a French regiment marching past at a review, with its normal step, and not with the thunderclap of the German parade-march, he laughs, and is so amused that he says to his French neighbor that these troops may be quite brave soldiers in the field, but in comparison with the Germans they make a very poor show. The same person, when he sees an English railroad station, remarks upon the dirt, the stuffy waiting-rooms, the mass of vulgar, colored advertisements, and says to his English companion that he would like him to see one of the great new German stations, that are as clean and bright as a new pin. When he is asked in conversation as to his opinion of the country he has traveled through, he has never a good word to say, but abuses everything and draws unpleasant comparisons, while, on the contrary, the discreet Englishman, in such a case, does not commit himself, while the polite Frenchman and Italian say more than is necessary in a charming way. So the German gets the reputation of being a childish braggart, simply because he is too open and confiding.—*Koelnische Zeitung* (Translation by Literary Digest.)

A Quart of Milk a Day

FEW are aware of the small quantity of food one really requires to sustain life and health. I once kept a lady for seven months on a half pint of well-skimmed milk every four hours, and not a particle of other food. At the end of that time she weighed within a pound of her weight at starting. Meanwhile she kept at her ordinary vocation, as the mistress of a city household, with servants to direct. That was for a bad case of nephritis, with fatty casts. It was in 1878, and as the lady still lives in health, the treatment was reasonably successful.—William F. Waugh, M.D., in "Medical World."

Morals of the Movies

AT the Purity Congress, in San Francisco, Robert C. Barton, executive secretary of the Morals Efficiency Committee, of Los Angeles, said: "Investigation shows that it is almost impossible to be in the movies and keep virtuous."

To which Charlotte Walker, movie star, replied:

"No one but a raving maniac would make such a remark deliberately, knowing that it was untrue, and thereby bring shame and humiliation upon the thousands of noble women who earn their living in the motion-picture profession."

The stimulation attending the use of flesh-foods is referable to the toxic properties of their enmeshed waste products—that stimulation is the resentment that the vital organism displays, whenever the individual indulges in what may be called necrophagy.—Thomas Powell, M.D.

Socialism

WHILE I have sympathies in common with the principles of true Socialism, believing many great problems will be worked out eventually for the betterment of humanity, I believe it must be a natural growth or rational transition, brought about by sane methods. With my Socialistic views, I have deemed it best to identify myself with one of the old regular parties, both of which are adopting progressive ideas as fast as the people can adjust themselves to them. I cannot think of joining the "rank and vile" of those whose ideas are destructive rather than constructive. Should we permit vociferous agitators now leading the Socialistic movements to control affairs, pandemonium would reign—like unto the regime of Schmitz in San Francisco. Their idea is to tear down and loot, and they have no compunction about preying upon each other—always looting among themselves as they would from those whom they charge with controlling property interests. Leaders of the Utopian co-operative schemes usually grab everything in sight, or fight among themselves, and leave the poor dupes who have furnished the funds nothing but regrets and bitter disappointment. Socialism is a beautiful theory, but it must be worked out gradually, by those who have a kindly feeling toward all humanity, who are tolerant regarding the rights of others, and who are not trying to bring disorder and chaos instead of promoting our social welfare.—Walker Jones in Los Angeles Times.

Material for Vivisection

FIGHTING to the death, a Scotch collie dog saved the lives of his two masters, Louis and Samuel Salverno, 10 and 12 years old, respectively, who were attacked by three hunger-crazed coyotes on the snow-clad plains ten miles southwest of here, yesterday. The boys were badly bitten by the infuriated beasts and their clothes were practically torn to ribbons. The dog was so badly lacerated it is dying. The children had been sent to an uncle's ranch to get provisions. Half way over the trail they were attacked by the coyotes. The collie charged the beasts, killing two and pursuing the third as it sneaked away. The dog is terribly torn and it is feared he will not survive.—Trinidad, Colorado, Dispatch.

A Bad Egg

ACCORDING to the San Francisco Argonaut, James Archibald, the war correspondent, who was responsible for the dismissal of Ambassador Dumba, is a bad egg. He was fired from the Bohemian Club, of San Francisco, was mixed up in the loss of a valuable ring by a woman, which ring was returned mysteriously on his departure from the East, and later figured in the loss of a string of pearls, by a well-known society woman, in the Palace Hotel.

The digestive fluid is not a ferment, but a powerful solvent—a fact which should be carefully noted and remembered, because digestion reduces food to the diffusible state without depriving it of its organic properties, while fermentation renders it diffusible by reducing it to the inorganic and therefore useless state.—Thomas Powell, M.D.

Woman and War

FOLLOWING is from an address by Mrs. Philip Snowden, wife of an English M. P., at the annual convention of the National Educational Association, in San Francisco:

"It is possibly our own fault—this war. We must admit that. We love the uniform. We women affect military styles in clothing and we even allow our children to dress in a military way.

"We must have less admiration for the uniform and more hate for war.

"I want to tell you women it is not the glory of the marching host to martial music, the regiments in all their military smartness, and finery, that tells; it is not the roar of cannon and the rattle of the rifles on the battlefield; the daring deed of valor performed under fire of the enemy that counts.

"I'll tell you what counts.

"It's the period after the battle when the countless sons of women are calling for their mothers.

"Let us make it impossible for such things ever to happen again. We women must do it.

"Nothing good has been achieved by war that could not have been achieved by peace.

"Nothing beneficial can be traced to the present bloody conflict that could not be achieved through the channels of peace."

Red Cabbage

SHRED a good-sized red cabbage. Wash; place in pot without water; add one-half cup butter, one tablespoonful of honey, two peeled and quartered apples, one small onion cut fine, juice of two lemons. Cover, and simmer very slowly for three hours on back of stove.

A Big Oak Tree

FOLLOWING is an extract from a Washington dispatch:

"The largest nut-bearing tree is a valley oak on the ranch of B. F. Grover, San Benito county, California, in the foothills of the Sierra Nevada mountains. This lordly tree measures thirty-seven feet six inches in circumference. It is near the city of Stockton, and the natives, who declare that it produces a ton of acorns every year, take great pride in it."

This writer is badly off on his geography. San Benito county is a long way from the Sierra Nevada, and Stockton is in San Joaquin county, seventy miles from the nearest point of San Benito county.

No human being ever contracted typhoid fever from any other one; every one who ever had it, acquired it through wrong living habits. When one begins to have fever, it is never typhoid fever. The original fever runs into typhoid through feeding when there is no appetite, taking drugs while the patient continues customary wrong thinking, and other wrong living habits.—
Health Culture.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

DIPHTHERIA.

R. L. S.—No; I do not believe in anti-toxin. In Germany, where diphtheria anti-toxin originated, a large number of physicians are not convinced of the effectiveness of the serum, and do not use it in their practice. They insist that anti-toxin has had no part whatever in diminishing the death rate, attributing the difference in the death rate to a variation in the virulence of epidemics, as well as the less heroic treatment of diphtheria. To this they might have added a juggling of figures. Since the introduction of the serum every case of a slight diphtheretic sore throat has been tabulated as diphtheria.

John C. McCandless, M.D., Professor of the practice of medicine and nervous diseases in the College of Medicine and Surgery, Chicago, says he has practiced medicine in Chicago for over fifteen years, getting a fair share of diphtheria cases, without losing a single case. Instead of injecting anti-toxins he proceeds to clean out the system. There is usually constipation, the stomach being in a similar condition to the mouth and throat. He washes out the stomach with a warm astringent solution, and cleans out the bowels with large injections of warm water daily. Under this method, he says, diphtheria is one of the most simple forms of disease to treat.

MILK.

(1) Is pasteurized milk good? (2) Should milk be clarified? (3) Is skimmed milk good for infants?—Subscriber.

(1) No; pasteurized milk is devitalized milk. Sterilized milk still more so, because it is subjected to greater heat. If you eat other foods, it does not make so much difference, but pasteurized or sterilized milk, fed exclusively to infants, will produce rickets, constipation, and finally, consumption.

(2) Yes, it is good to clarify or cleanse milk, because milk, as it comes from the dairy, is usually full of filth, as you may see by carefully straining it.

(3) Yes, skimmed milk is a good food, and much neglected. The only difference between skimmed milk and whole milk, is that skimmed milk contains four per cent less of fat. Instead of feeding skimmed milk to hogs, it should be given to human beings. Skimmed milk and stale bread is a cheap and nourishing diet.

A DIETETIC QUERY.

For a man of 35, weighing 126 pounds, and 5 feet 10 in height, employed in a dairy from 3 to 8 A.M., and 1 to 6 P.M., doing hard work, involving physical and mental energies, sleeping 8 to 9 hours out of 24, should the body be properly nourished by one meal at 7:30 A.M., consisting of two cups of hot chocolate and six ounces of stale wholewheat bread, and a second meal at 6:30 P.M. of one quart of cold skimmed milk, and 8 to 10 ounces of stale wholewheat or corn bread, and 2 ounces of peanut butter? If not, what is lacking in this regime?—R. M. H.

Such a diet is ample, so far as protein and carbohydrates are concerned, but he should add fruit and raw green stuff, for the sake of the acids and minerals, the fruit not to be eaten with the bread.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the traffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

IT ALWAYS DOES; WHEN FOLLOWED.

I received your letter of advice, and it has done wonders for me already.—W. F. Mead, Holtville, Cal.

FROM MONTANA.

Upon receipt of the second issue of BRAIN AND BRAWN, since my subscription, I am more delighted than words can express. I have sincere faith in it and have resolved to follow its advice very closely.—Geo. P. Smith, Helena, Mont.

UNCOMMON SENSE.

Heartiest congratulations on the fourth anniversary of BRAIN AND BRAWN. May you see its silver jubilee! The magazine is so good, so instructive, so full of every day sense (a scarce commodity) that every time I read it, my main regret is that my bank account does not permit me to subscribe to 100 or 500 copies for friends and enemies, who are sadly in need of the kind of medicine you dish out.—Alfred Dolge, Covina, Cal.

AN EYE OPENER.

You have caused me to realize a weakness or lack of self-assertion. In other words, enslaved condition. But, at the same time, I realize the wonderful truth underlying your system of therapeutics. In fact, I wish I had the power to open the eyes of every individual in the world to its truth. Then we would have a second reformation, and it would be a genuine reformation. One that would free man's mind, and "get oppression off his tail while it patted his head."

I will not pretend I have followed your advice, but it has been a revelation to me, and surely will be worth many times its cost.

The "T" Bandage has done much to help. I ordered another one; also am having BRAIN AND BRAWN for a year. I took it a year once, then allowed it to expire. But at that time I was not entirely out of the mire of superstition, and could not appreciate your writings as they deserve to be understood. Now, as the joke goes, "I think I'm thinking." At any rate, I do not want to miss BRAIN AND BRAWN in future.—E. H. Payne, 4006 24th St., San Francisco, Cal.

APPRECIATION.

Allow me to express to you my highest gratitude for the reform work you are doing in BRAIN AND BRAWN. I have every health magazine of repute on the library table of my office, but the patients grasp after BRAIN AND BRAWN first. I trust, in the near future, after having moved into a larger community, to endorse and distribute quantities of copies in my office, for patients to take home, and thus stimulate subscription. BRAIN AND BRAWN saves me much work in teaching health.—F. C. Mussler, D. C., Andrew, Iowa.

A GOOD REFERENCE BOOK.

Enclosed find check for \$1.00 to renew subscription. I don't want to miss a number. I am having them bound, and consider it one of the best reference books in my library.—H. H. Prentice, D. C., 201 Knickerbocker Theatre Bldg., Cleveland, Ohio.

IT HELPS HER TO THINK.

Enclosed find \$2.00. I wish to thank you for the many truths you dare to say, that help me in my "thinking." I wish you continued success.—Dr. W. Marie White, 601 W. Broadway, Enid, Okla.

ADVERTISEMENT AND APPRECIATION.

Find enclosed \$3.00 in payment for advertisement in **BRAIN AND BRAWN**. I also wish to express my appreciation of your little magazine. It is so different—a distinct personality. I like your common sense, your deep understanding of human nature, and your extreme justice and lack of prejudice. You always see our virtues as well as our shortcomings, no matter what our sex, nationality, religion, or creed. Here's hoping you continue to prosper in your good work.—C. A. Ferrell, Glen Ave., Pomona, Cal.

FROM COVER TO COVER.

I wish to say that to me **BRAIN AND BRAWN** is the most interesting magazine published. It is the only magazine that I read from cover to cover at one sitting, on the day that I receive it. It is rare that a magazine, all of whose articles are written by one man, is so free from individual prejudice, hobbies, and intolerance. As for myself, your articles coincide with my convictions, almost without exception.—Walter E. Brant, Santa Barbara, Cal.

ON A DOCTOR'S TABLE.

Enclosed find my check for \$2.00, for which renew my subscription to **BRAIN AND BRAWN**, and send me Dr. Foote's Home Cyclopedia. **BRAIN AND BRAWN** has been a wonderful help to me, and I cannot afford to be without it. One of many virtues is that it is concise, the articles always right to the point, and full of inspiration. The little magazine has a favorite place on my reading table.—L. L. Hutchison, N.D., M.E., New Kensington, Pa.

FROM A THINKER.

BRAIN AND BRAWN is not only unexcelled mechanically, as it leaves the press, but in variety and excellence of contents. There is so much to make one think and reason; to supply beneficial information, and to induce the formation of good health habits. When you severed your connection with the Los Angeles Times it resulted in financial loss to yourself, but it was of benefit to your readers, for the change gave you greater freedom to express yourself and insured a most pleasing variety of thought-products.

BRAIN AND BRAWN is always filled with good ideas and live ones; and when one has read it, the mind has something beneficial to reflect upon. To read the daily papers, with sensational trash, and hardly anything but tales of crime and misery; prolix and exaggerated reports of licentious doings in society, with the horrors, and gruesome results of the world's greatest war, is enough to create disgust for life and to make one morbid in mind and sick in soul. So, once a month, when **BRAIN AND BRAWN** comes along, it is as welcome and refreshing as a day of sunshine following a period of stormy weather. I thank you for the good things in it, and for the pleasure and benefit derived from them.—Channing Severance, Inglewood, Cal.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

THE CRIME OF SILENCE; Orison Swett Marden; Physical Culture Publishing Co., Flatiron Bldg., New York; 328 pp.; price \$1.00, net.

Mr. Marden is one of the sanest of the "New Thought" school of writers. In this book he warns against the dangers into which boys and girls, and young men and women, fall, through lack of sex information. Among dangers to which he specially refers, are "specialists for men only," and the allurements of agents for houses of prostitution.

This is one of the best books on the subject I have read.

WHAT WOMEN WANT; Beatrice Forbes-Robertson Hale; Frederick A. Stokes Co., publishers, New York; 307 pp.; price \$1.25 net.

Mrs. Hale has done good work for the feminist cause, first in England, and of late in the United States. She is a niece of Sir Johnston Forbes-Robertson, and is herself a distinguished actress, who has appeared in many English and American successes. Since her marriage, and withdrawal from the stage, she has lectured on drama, poetry, politics, and various aspects of Feminism.

This is one of the best books that has been written on the Feminist subject. The author has a masculine analytical mind, is conservative, and can see both sides of a question. The word "want" in the title, is used in the sense of "need," not merely what women desire. The author truthfully says:

"Women have often been taunted with lack of the creative and reasoning faculties. But until the present age, the number of women possessing opportunities to develop these has been so small in proportion to men as to make any comparison invidious. Only now are the faculties, ambitions, desires and capacities of women emerging from obscurity. Through all time women, as a class, have been silent; now a proportion becomes articulate."

An interesting and valuable book.

CALIFORNIA CHRONOLOGY; A Period of Three Hundred and Fifty Years, 1510-1860; Orra Eugene Monnette; published by the author, Los Angeles; price \$2.00; 54 pp., illustrated.

No State has a more interesting history than California. It may be divided into two periods—the picturesque and material, the former extending from 1769, when the San Diego Mission was founded, to 1849, when the Argonauts arrived, the latter from 1850 to the present day.

In this interesting and valuable little book Orra Monnette, who is the author of a dozen publications on genealogical and historical subjects, gives the leading happenings in the State during 300 years. The matter first appeared in the 1915 Year Book of the Society of the Sons of the Revolution in the State of California. It is said to be the first compilation in the nature of a chronology of the State of California, to this date undertaken, and if it meets with a generous reception, the author says it will lay the foundation for a larger and more detailed compilation.

PRINCIPLES OF DOMESTIC ENGINEERING; Mary Patterson; Publisher not stated. For sale in Los Angeles by Otto Carqué; 310 pp.; price \$2.00.

Efficiency has been applied to almost everything but home management. It is about time that it was introduced there. This book aims to give the "what, why and how of a home." It is described as "an attempt to evolve a solution of the domestic 'labor and capital' problem," to standardize and professionalize housework, to reorganize the home upon "scientific management" principles. The book is a record and result of housekeeping experiments adopted by club women in Colonia, N. J.

The "University Forum," Vol. I, No. 1. "An attempt to help emancipate the world from ecclesiastical dogma." Edited by Nathaniel I. Rubinkam. Published by the University Forum Society, 357 S. Hope Street, Los Angeles. Price or frequency of publication not stated.

The "Hellenic-American Mirror;" Vol. I, No. 1, September 15, 1915. Edited by Constantin Aperghis, and Oscar E. Winburn. Published twice a month by the Hellenic-American Mirror Publishing Co., 700 San Fernando Building, Los Angeles. Subscription, \$4.00 per year. Devoted to the interests of the Hellenic-Americans (Greek-Americans) of the United States and Canada, of whom there are said to be about 3,000 in Los Angeles county.

The "Philosophy of Fasting," by Edward Earle Purinton; published by Benedict Lust, Butler, N. J.; price \$1.00, paper. This is a second and cheaper edition of Mr. Purinton's book, heretofore reviewed by me.

"Sin, Original and Actual;" T. K. E.; Richard G. Badger, publisher, Boston; 120 pp. A muddle of a book, apparently written by one who is mentally unbalanced.

"Your Child, Today and Tomorrow," is one of the best books ever written on the mental and moral training of children, including the sex problem. It is invaluable to mothers. See list of "Good Books on Health."

There is much to learn by way of feeding vegetables, fruits, and animals with the proper quantity and quality of rock, that they may in turn feed man. The work in this field is scarcely begun, but we hope it will be greatly developed in this century.—J. H. Tilden, M.D.

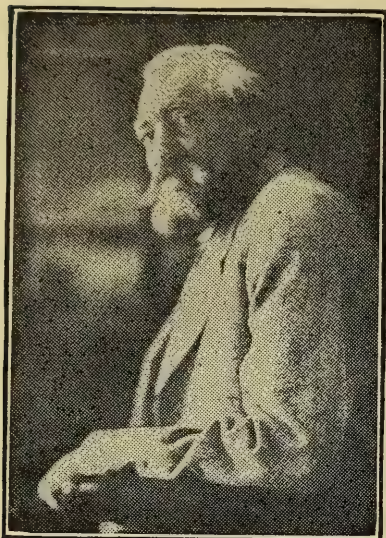
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Health Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook N.D.

The Healing Art

Nature, Not the Physician, Cures.—
Hippocrates.

TREATMENT OF THE SICK.

Rational healers often make a grave mistake in treating all sick people by the same methods. A weak, anemic, thin, nervous patient, cannot endure such heroic treatment as might successfully be used with one who is strong, fleshy, robust and simply encumbered with disease matter. Cold water treatments, sun baths, all raw food, and active exercise may be good for the latter, but are bad for the former.

Treatments must be adapted to the individual. Lack of attention to this is the frequent cause of failure. The thin, delicate, nervous, despondent patient needs, above all, much rest for mind and body, much sleep, quiet, fresh air and gentle massage, with savory appetizing foods, in strictly moderate quantities, and cheerful, optimistic suggestions. Much cold water is too much of a shock to this class of people. They have not sufficient vitality to react. In course of time they will be able to stand it.

TRUE OSTEOPATHY.

Back in the early '90's, when Osteopathy was numerically weak and the drug school of therapy was strong, the osteopaths almost as a unit stood by the principles and tenets of the science as set forth by the discoverer and founder, Dr. A. T. Still. It is a sad commentary that, today, when Osteopathy numbers its physicians by the thousands and its converts by the tens of thousands, while upon every hand we see the decline of faith in drugs and a turning of the drug physicians to other fields, a considerable number of osteopaths (so-called) are practicing drug therapy and surgery almost exclusively. Inasmuch as osteopathy was born because of the failure of drug medication, the founder himself having turned from this system in despair after thirty years of medical practice, this movement on the part of hyphenated osteopaths, (or osteo-medics) is the rankest sort of backsliding. No amount of dubbing themselves "progressive" or "broad" can deceive the people or compensate for the loss to the community of true osteopaths.

The A. T. Still Osteopathic Association, recently formed in this State, stands first for the dissemination of

knowledge of Osteopathy as given to the world by the founder. Just as it would denounce the fakery of an osteopath masquerading in the cloak of medicine, so it protests against a medical man masquerading in the cloak of osteopathy. Both are morally wrong and professionally dishonest, and in both instances the public suffers.

Nor can the excuse be sustained that the system of osteopathy includes the giving now and then of calomel, quinine, digitalis, etc. Drugs have absolutely no place in the osteopathic system of therapy except in so far as they may afford a clean environment or assist in the performance of necessary surgery. I quote from the latest book of Dr. A. T. Still, "Osteopathy Research and Practice," page 14: "We believe in sanitation and hygiene. We are opposed to the use of drugs as remedial agencies. We are opposed to vaccination. We are opposed to the use of serums in the treatment of disease. Nature furnishes its own serums, if we know how to deliver them. We realize that many cases require surgical treatment and therefore advocate it as a last resort. The fundamental principles of osteopathy are different from those of any other system, and the cause of disease is considered from one standpoint, viz: disease is the result of anatomical abnormalities, followed by physiological discord. To cure disease the abnormal parts must be adjusted to the normal. Therefore other methods that are entirely different in principle have no place in the osteopathic system. Osteopathy is an independent system and can be applied to all conditions of disease, including purely surgical cases, and in these cases surgery is but a branch of osteopathy. We believe that our therapeutic house is just large enough for osteopathy and that when other methods are brought in just that much osteopathy must move out."

Osteopathy was given to the world in 1874. Since then other schools of mechanical therapy have embodied the osteopathic principle of adjustment.

NETTIE OLDS-HAIGHT, D.O.
Los Angeles.

THOSE "WHITE BLOOD CORPUSCLES."

In the October number I showed that the so-called "white blood corpuscles" are not living organisms, but waste matter, and the cause of all disease. Several of my readers have urged, as an objection to this, that through the microscope you may see these "police-

men of the body" devouring their prey. This illusion is explained, as follows, by Dr. Thomas Powell, of Los Angeles, in his book "Fundamentals and Requirements of Health and Disease:"

"Those distortions on which the migratory or amoeboid movements of the leucocyte depend, and which have seemed to indicate that it is endowed with life, are chiefly attributable, I believe, to the action of the carbon dioxide gas that is generated within it, as it passes into decay. That is to say, it is the expansion of this gas that gives rise to those protrusions of the leucocyte which are called pseudopodia, while the escape of the gas into the aqueous element of the blood permits it (the leucocyte) to resume its former shape, which it does in obedience to that power that gives rotundity to various things, from the dew drops to the celestial spheres. The fact that after a leucocyte has sent out a pseudopod its fundus is drawn in that direction, is due to the adhesion of the former to the containing vessel and the subsequent escape of the gas in question.

"In short, the leucocyte, or so-called 'white blood corpuscle,' is not what it appears to be. It has impressed the world that it is a living organism—a living cell—and the 'physical basis of life,' when the fact is, it is not a living cell, but a mortuus corpusculum, or lifeless corpuscle, owing its motility to the forces not of life, but of death—to adhesion, gaseous expansion and chemotaxis.

"I do not hesitate to affirm that every 'nucleus' and every 'nucleolus' that we see in a leucocyte is simply a collection of residual matter (the earthy remains of that arch destroyer, pathogen) and is to be regarded, therefore, as a focus of decay; that the segmentation of the leucocyte is not a matter of 'vital duplication,' as has been supposed, but of progressive disintegration; that the increase of its size is due not to growth, but to accretion or the adherence of particles of kindred material which are floating in the blood stream, as above stated.

"The fact that the leucocyte becomes less active in consequence of the lowering of its temperature, is attributable to the consequent checking of decomposition; the fact that it becomes more active in consequence of an increase of its temperature, is due to the consequent increase of the disintegrating process; the fact that it is 'killed,' as biologists have declared, by iodine, arsenic, and other poisons, is due, not

to the destruction of its life, as they have supposed, but to the preservative action of these drugs.

"The leucocytes are not the 'vigilant policemen of the vital domain' as we have been led by their performances to believe, but owe their so-called 'phagocytic' powers to their viscosity, or extreme adhesiveness. That is to say, they (the leucocytes) gather the bacteria by sticking to and flowing around them. This is followed by the destruction, not of the bacteria, but of the leucocytes. The leucocyte is not the destroyer but the thing destroyed. The former is a particle of useless organic matter, and it is the function of the latter to decompose it, the incidental effects being, first, infection; second, the disease that the infection represents; third, the disintegration and discharge of the offending material and the return of health. But it is all too frequently the case that death occurs, the amount of the offending material being so great that the patient becomes exhausted before the eliminating process can be completed.

"Whenever decay begins upon the outside of the young leucocytes or so-called 'round cells,' they are transformed into 'pus corpuscles,' which are so hard to distinguish from the round cells that the question whether they are or are not identical, has been exceedingly difficult to determine, so difficult, in fact, that it was the subject of much controversy some fifty years ago, and could only be settled by the dictum of the most eminent physiologist of that day, Prof. Virchow, and wrongly at that, as the present discussion will certainly show."

MEDICAL FOLLIES.

Scarcely a week passes in which some new and dangerous medical folly is not announced in big headlines, by an indiscriminating press, giving much free advertising to those who are forbidden to advertise for pay.

As the supply of appendices is running short, and even "regular" physicians, with some conscience, have begun to protest against the wholesale extirpation of this necessary organ, the doctors are now feeling around the pancreas, another important organ, and we may expect soon to see a raid made on that.

The second instance is a wonderful "cure" for diabetes, put forth by a great "research" institution. Strange to say, it is not a serum, but a drug, the principal ingredient of which ap-

pears to be table salt. Of course, this can only relieve the symptoms. It cannot possibly cure. Diabetes is caused by the consumption of more food, especially starch food, than can be properly oxygenated. Many cases diagnosed as diabetes, are simply polyuria, or the passage of large quantities of pale urine. Diabetes may easily be cured, by regulating the diet, and increasing the exercise.

The motto of the allopathic school of medicine in treating disease appears to be: "Suppress the symptoms, but never remove the cause."

DISCRIMINATION AGAINST DRUG-LESS HEALERS.

Aroused by the humiliating method used by the State Compensation Insurance Commission in dealing with a member of the association, and fearing the same treatment accorded the osteopathic physicians of this State, who were recently held incompetent to sign the required accident certificates that are forwarded the commission, the Los Angeles County Eclectic Medical Society held a dinner and conference last night at Christopher's to decide just what action to take against the apparent discrimination shown by the three State commissioners. Despite the fact a special letter was read from the commission denying any discrimination against eclectic physicians the report of Dr. George B. Abbott of this city and the discussion of the recent trouble of the osteopaths caused the members of the association present to vote into office an executive committee, whose work is to keep close watch of the workings of the State officials and to confer with other medical societies with a view to correcting the alleged wrong. —Los Angeles Times.

"HEALTHY DISEASE CARRIERS."

Samuel Taylor, of Berkeley, writes to me, as follows:

"Recently Dr. J. Benton, Health Officer of Berkeley, has sent home fifty children out of seventy-five, that he examined, and pronounced them active carriers of diphtheria. He says these children are 'healthy carriers,' but are 'active carriers.'

"Assemblyman George Gelder, of Berkeley, has been active against the A. M. A. His child was sent home. He then had a throat specialist of Oakland examine the cultures from her throat. He pronounced her perfectly healthy.

Gelder threatened to bring suit. His child was out two days.

"Another prominent citizen of Berkeley had two children sent home as 'active carriers.' He employed two throat specialists. Both pronounced his children healthy, and non-carriers. In San Francisco the health officers have sent children to the pest house, because they were 'active carriers.' We are starting a campaign against these dangerous public enemies—the doctors, not the 'carriers.'"

DR. C. S. CARR.

Dr. C. S. Carr, one of the best known rational physicians of America, died recently at his home, in Columbus, O. He was 65 years of age, and his death was attributed to a nervous breakdown, caused by over-work and worry. He formerly edited "Medical Talk," later known as the "Columbus Medical Journal." He was a diligent student and a humanitarian. Of late he had contributed to the columns of Physical Culture.

FUMIGATION.

After teaching, for many years, that fumigation is absolutely necessary, following what they call "infectious diseases," the practice has now been discontinued in New York. The Southern California Practitioner says:

"The discontinuance of fumigation

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on October 8, 1914, in the boroughs of The Bronx, Queens and Richmond, as a routine method of disinfection after the major acute infectious diseases was not followed by any increased prevalence of diphtheria, scarlet fever or measles. On January 1, 1915, such fumigation was also discontinued in the borough of Manhattan, but continued in the borough of Brooklyn for purposes of control, and in order to test the efficiency and value of fumigation. The reasons for this change of procedure were given in an article which appeared in the Weekly Bulletin of the Department of Health for December 5, 1914."

If this medical superstition is wrong, may not others be wrong, also?

DEATH OF DR. JACOBOWITZ.

Dr. Henry Jacobowitz, naturopath, of Los Angeles, died on October 17. His death was caused by a nervous and physical breakdown, attributed to over-work. He was a charter member of the Association of Naturopathic Physicians of California, and always took an active interest in every movement for medical freedom.

DR. MARGARET GOETTLER.

Dr. Margaret Goettler has returned from a long eastern trip, covering the country from San Francisco to New York and New Orleans. She will give up her practice in Pasadena and settle on the Lewis colony at Atascadero, San Luis Obispo county.

DR. LUST LECTURES.

On October 20 Dr. Benedict Lust, editor of the Naturopath, New York, gave an interesting talk to drugless healers at Dr. Carl Schultz's place. The "standing room only" sign was up. His subjects were the Nature Cure and medical freedom.

THE PASSING OF THE "GERM."

And now there is more trouble with the germs. The discovery of germs has been quite a fascinating occupation for pseudo-scientists for some time, but latterly it is discovered that the germs discovered by one discoverer are not the same as those discovered by another discoverer, although charged with being the cause of an identical disease. And, in one case a discoverer, Rufus I. Cole, M.D., Director of the Hospital of the Rockefeller Institute, has discovered that there are four, and possibly more, germs which cause pneumonia. Each germ is distinct and a different type,

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and the last one discovered has created some confusion by presenting a mixed individuality, being a sort of Jekyll and Hyde germ. Furthermore, it has been discovered that each of these forms are capable of changing to another form of the group, and possibly to go out of the pneumonia business altogether. . . .

The germ theory of disease is being rapidly destroyed by the discoveries of its friends. Another element which will help eliminate this latest allopathic craze is the fact that the treatment adopted is also allopathic and therefore disastrous. So many people are being killed that even allopaths are noticing there is something wrong. It is now a matter of solicitous conjecture on the part of an awakened and enlightened public just what idiotic thing will arise as an allopathic expedient to take the place of the germs.—The Truth Teller.

THE TONSILS.

Dr. Leonard Keene Hirshberg, of Johns Hopkins University, runs a series of syndicate articles in some of the papers, under the heading "Secrets of Health and Happiness." One of his recent articles was headed: "Host of Ills Vanish When Tonsils Are Removed." Rather should it be headed: "A Host of Evils Appear When the Tonsils Are Removed." The tonsils are necessary organs of the body, and an increasing number of broad-minded medical men are beginning to warn the public about the dangers that attend the cutting out of them. This will be too late for those who have already been so foolish as to permit their children to submit to this unnecessary operation, but it may save others.

EXIT SOMNER.

E. A. Somner, for four years inspector of the State Board of Medical Examiners, Southern California division, has been fired—that is to say, the Board "accepted his resignation"—and his office has been taken over by A. J. McDonnell, a special agent for the Board from San Francisco. I have heretofore referred to the pernicious activities of this man Somner. His methods were those of a cheap detective, and bordered closely on blackmail. He held up and persecuted worthy healers, while permitting influential scoundrels to operate free of molestation.

A good riddance.

AN OPENING

An opportunity is offered for an efficient nurse, cook, housekeeper or manager, willing to work, either to take an interest in a naturopathic sanatorium established nearly 15 years, or to take over, on her own account, the boarding and sick room departments. A good chance to make money. The proprietor is too busy with patients to look after these departments. Amount required from \$2500 to \$3000. Part might be paid in installments.

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SCHOOL OF SWIMMING.

As I said in the October number, swimming is one of the best forms of exercise, developing the whole body. It is good, not only for health, but frequently as a means of saving life. It should be taught to all school children—also school teachers, who should qualify themselves to give instructions. Prof. T. Wilkinson, of the Bimini Baths, Los Angeles, makes a specialty of this. He is an honorary member of the Royal Life Saving Society of England, an ex-swimming instructor of the Montreal Amateur Athletic Association, and has trained world's champions. During 41 years' experience as a teacher of swimming, in Europe, Canada and the United States, Prof. Wilkinson has taught over a quarter of a million pupils to swim, and claims not to have had one failure. He says that all who walk may swim, none being too young, and none too old. At Bimini Baths, for over five years, he has been in the water, on an average, eight hours daily, without a day's vacation. As he says, this is a remarkable record.

DRUGLESS COLLEGE.

The International College of Drugless Physicians, in Chicago, offers an attractive course of training, for those who wish to become rational healers. The work is thorough. Many good practitioners have graduated from this institution, which was started by McFadden, of "Physical Culture."

RECTAL DILATION.

I have often referred to the much neglected but valuable method of aiding nature by rectal dilation, a practice common among all primitive people. You will find something about it, this month, in the advertising columns of BRAIN AND BRAWN.

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A valuable adjunct to your bath tub is the shower bath spray, which fits any faucet. It is invigorating, sanitary, and inexpensive. See advertisement.

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FLAXOLYN.

This product, put up by Dr. H. Luntz, of Philadelphia, is composed exclusively of herbs, roots and fruits. Otherwise, you may be sure, it would not be advertised in these columns.

A CHICAGO SANATORIUM.

I received following letter from Mary V. Mason:

"I wrote you some months ago that I was contemplating going to a sanatorium in the Middle West, and thought of Dr. Lindlahr's, in Chicago, asking your opinion of the place. You advised it. I am now at his sanatorium, and find it all that he advertises. Have been here only a short time. My home is in Wayne, Neb., and I stopped here a week to investigate. The care is all that could be desired, and the diet excellent. It is a great educational institution. We have a lecture almost every day, and a "diagnosis from the eye" clinic every Sunday morning. This is wonderful. Dr. Lindlahr is a great man. The Nature Cure is too simple for the masses to grasp. Thanks for your advice regarding the place. Never hesitate to recommend it."

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A bricklayer lay ill, and the doctor having done what he could, told the man's wife to take his temperature in the morning. Calling the next day, the doctor asked if his instructions had been followed.

"Well, we hadn't a 'tremometer' in the house," the good woman replied, "but I put a barometer on his chest and it went up to 'very dry.' So I gave him a bottle of beer and he's gone to work."—Chicago Herald.

A BAD BREAK.

Wife—"What would you do, George, if you were left a widower?"

Hub—"Oh, I suppose the same as you would if you were left a widow."

Wife—"You horrid wretch! And you told me you could never care for anybody else."—Boston Transcript.

DRINK FOR HEALTH

YOU are aware that there are white grapes and red grapes and blue grapes. There are also three kinds of digestive ferment. The three kinds are composed of three forms of moisture, the ethereal, the gaseous and the liquid form. Ethereal moisture is produced at midnight, gaseous moisture in the afternoon of the day and liquid moisture in the forenoon.

Honey is like grapes. White honey is ethereal, red honey gaseous and purple honey liquid from the earth.

To cause honey to ferment to decompose water it must be stirred up with water and kept in a temperature of 80, to start the ethereal ferment. Then a small amount of this ferment is put in as a starter and stirred up with more honey and water and kept at a temperature of 70 and it produces the gas or acetic ferment. Then use this as a starter with more honey and water and keep the temperature near 60 degrees and the liquid or hydrochloric ferment is produced.

It is this last ferment that man should use to digest food. It is able to oxidize water at a single operation. It casts out the oils and fats and retains the pure hydrate. This hydrochloric ferment should be started anew every day, as by allowing it to ferment the second day it turns backward and joins the oils and ethers with hydrate again. This first form of ferment is iron, but if it is allowed to rejoin again it produces sulphur, or liquid gas.

The purpose of ripening honey is to remove its volatile oil. This makes honey hydrate. When this hydrate honey is combined with water it makes the water hydrate by casting out its oil. It is this hydrate that is prepared to go into the blood and remove the urea and sulphur from the tissues of the different organs of the body.

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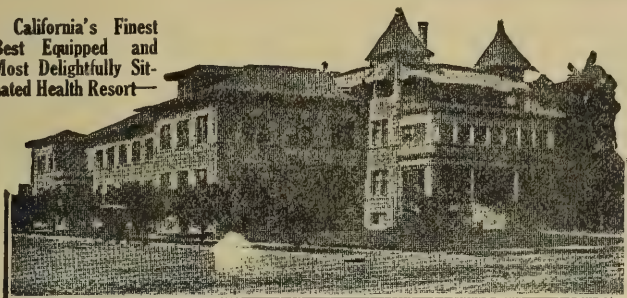
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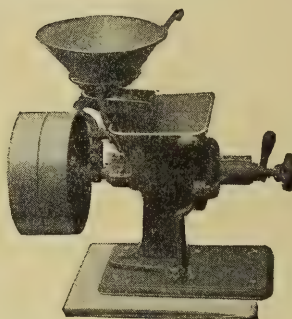
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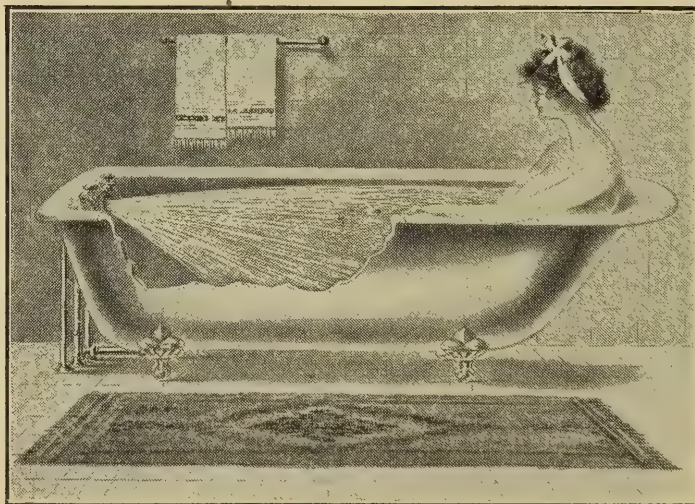
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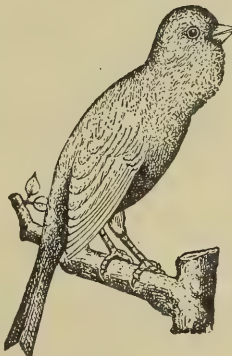
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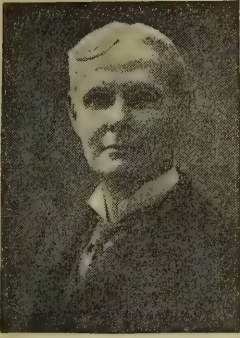
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Brain and Brawn

DECEMBER, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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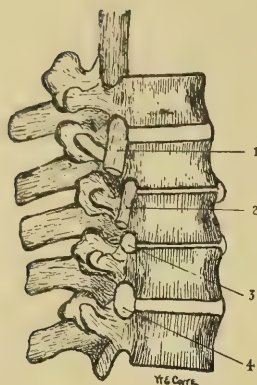
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Vol. IV

LOS ANGELES, DECEMBER, 1915

No. 7

Protein Poisoning

WAR, with all its sufferings, is teaching many useful social and economic lessons. Especially is this true in regard to diet.

The German Government recently issued an order that meat shall be sold and eaten in restaurants only twice a week, also urging the people to use wholemeal bread, and to boil potatoes in their skins, thus saving fifteen per cent. of the most valuable part of the tuber. The British Government has also issued a pamphlet, urging people to grow vegetables in their gardens, to eat less meat, and more cheese, milk, beans, lentils, and fruit; also, as in Germany, to use wholemeal flour, and to boil potatoes in their skins. Many will thus learn that the cheapest food is best, not only for the pocketbook, but also for the health.

In a San Diego paper I recently saw one of those large type, two-column editorials, intended to convince the public that platitudes are "newthot." The writer bewails the increased cost of meat, and describes the sufferings of a family forced to cut down the butcher bill. He says:

In short, the family had been deprived, suddenly and almost completely, of the protein or energy builder found in meat. The children had grown well on a diet which lacked this important element, but two of them had failed in the school examinations. They had not "passed," an embarrassing incident hitherto unknown in the family history.

What happened to this individual family may easily happen to the group of families called the nation.

Isn't this awful, Mabel? Two of the children actually failed in their school examinations. Well, I have heard such things happen to children who were stuffed with meat and eggs every day. If he knew enough, this writer might have added that a large consumption of meat, especially by those who lead sedentary lives, is chiefly responsible for the fact that deaths from diseases of degeneracy, including cancer and Bright's disease of the kidneys, have doubled during the past generation. Also, that more than a sufficiency of protein may be found in milk, cheese, beans, lentils, and even bread, a pound of dried beans, costing ten cents, containing nearly twice as much protein as a pound of beefsteak, costing twenty cents, and lacking the poisonous waste products found in all animal foods.

The interesting experiments made by Prof. Chittenden, at Yale University, showed that trained athletes, on an ordinary dietary, have so much less endurance than office workers, on a low protein dietary, as to make them appear ridiculous. In Germany, in long distance walking matches, vegetarians were the only competitors who reached the winning post.

As I showed in the October number, Thomas Powell, M.D., following up the investigations of others, has demonstrated that surplus pro-

tein is the main cause of the accumulation in the body of waste matter, falsely termed "white blood corpuscles," and that this is the chief cause of disease.

For those of my readers to whom all food is merely "grub"—and I am sorry to say there are quite a number of them, even though this is a magazine for those who think—I will briefly explain that natural food, not "improved," or devitalized, contains, besides the water, of which even in bread, there is thirty-seven per cent., following substances: Protein, to repair cells and build muscle and flesh; carbohydrates and fats, furnishing heat and energy; and minerals, which play a most important part in keeping the intricate human dynamo in working order. Protein is found most abundantly in animal foods, including fish, eggs, beans, peas, lentils, milk and cheese. Carbohydrates are furnished in starches and in grape and cane sugar, while green leaf vegetables are especially rich in minerals.

The three chief dietetic errors are over-consumption of protein, over-consumption of starch, and lack of minerals, the latter removed in the bolting of flour, absent in refined cane sugar, and largely changed to the inorganic form by cooking.

As some of them now begin to admit, medical authorities have for half a century been prescribing from three to five times as much protein as is necessary or wholesome. This is a main cause of the most serious chronic diseases that afflict poor humanity, and carry men and women, after years of suffering, to premature graves.

Last month I referred to the fact that, during the past few years, medical opinion has undergone a great change as to the value of milk and eggs, containing a super-abundance of protein and fat, as food for consumptives. As showing, further, how rational dietetic ideas are slowly percolating into the medical brain, I quote following article from a recent installment of the "Human Body" department of the Los Angeles Sunday Times magazine, a department which I conducted under the title of "The Care of the Body," for thirteen years. It is now edited by an M.D.:

Twenty years ago it was believed by most physiologists that it was necessary for every healthy adult to consume about 100 grams of protein food each day, to maintain perfect bodily health and vigor. This amount of protein is represented by about two quarts of milk, or nine cubic inches of steak, or ten eggs, or the equivalent of these substances. But there is a growing belief that this amount of protein is greatly in excess of actual requirements; and, moreover, it seems pretty clearly determined that such an excess is actually harmful.

The Danish physician, Dr. Hindhede, has recently demonstrated that the old standard of protein consumption is about four times too high, that twenty-five grams of animal protein daily is ample, even for persons doing hard manual labor. He has proved by experiment that three glasses of milk, or three cubic inches of steak, or three eggs furnish all the protein necessary to good health; also that any excess of these quantities is productive of heart, liver and kidney diseases.

"Such a demonstration," observes one physician, "is a little as if some expert should show you that in running your automobile you are consuming two or three gallons of gasoline where only one is needed, and that in so doing you are putting needless stress on the engine, clogging the carburetor, straining the bearings, and generally damaging the mechanism, so that your machine will last only about half as long as it should, while at the same time costing you two or three times as much to run as if fueled in proper fashion."

It was contended for many years that prolonged muscular exertion required a high protein diet. But Dr. Hindhede's experiments refute this con-

tention absolutely. "A diet low in albumin (protein) appears to increase endurance," he says. "I have never heard of a great meat-eater winning a long distance race."

Twenty years ago—and even today, in many medical works on diet—we were told that not only 100, but 140 grams, or five ounces of protein, were necessary, in the daily menu. This theory was put forth by the great authority, Voit, although, as I have heretofore said, it is a fact not generally known that Voit himself, before he died, recanted, and reduced the amount to one ounce. Quite an important difference.

For a quarter of a century I have been teaching and preaching that these estimates were entirely wrong and harmful. Others have taught the same thing, in Germany, for fifty years or more. Yet, only now is a portion of the medical fraternity beginning to wake up on this important subject. How could it be otherwise, since they are taught nothing about diet in college, except a few old parrot-like repetitions of by-gone "authorities."

The Danish physician referred to in the above article, made interesting experiments with the potato. He lived for months on potatoes alone, and had one of his servants, a gardener, doing hard work, live for a whole year on potatoes, without milk, butter, or anything added thereto, the man maintaining health and energy. This is remarkable, when we consider that the potato, water-free, contains only eight per cent. of protein. I do not recommend potatoes "straight" as a steady diet. Lean beef contains seventy per cent. protein, bread thirteen per cent. Any food that furnishes ten per cent. protein, after deducting the water contents, is, in my estimation, amply rich in that substance to maintain life and health. Yet, many think they must eat with every meal, meat, eggs, milk, beans, or cheese, all highly protein foods. The excess of such food is, as I have said, the main cause of serious chronic diseases. An excess of carbohydrates—vegetables, fruits, rice, and so forth—may cause temporary gastric disturbances, but unless starch is largely over-consumed for a long time, the consequences will not begin to be so serious as is the case in over-consumption of protein food.

In his booklet "The Folly of Meat Eating," Otto Carqué writes:

Meat is praised by many as a strength-giving food on account of its proportionately large amount of protein as the result of Dr. von Liebig's erroneous theories which he revoked himself in his later years. He had at first believed the proteids to be the principal source of muscular energy, and the amount of nitrogenous matter needed daily by the average man is still generally given as high as four or five ounces. One of the most advanced physiologists of our time, Professor Voit of Munich, has found, however, by careful investigations carried on for a number of years, that even at the most strenuous work the body consumes not any more protein than when at rest; that heat and energy are almost exclusively created by the combustion of carbohydrates and fats, and the average man can get fairly well along with about one ounce of protein daily. All progressive physicians admit that a large number of diseases is due to the excessive amount of protein and an inadequate supply of the necessary mineral elements.

The idea that meat contains some nourishing ingredients which cannot be found in plant foods is entirely erroneous. On the other hand, we find in plant foods such as fruits, nuts, and vegetables in their endless variety the needs of our body, especially the organic salts, in far larger proportions and in a much purer form than in flesh foods. Furthermore, meat lacks the subtle, imponderable, vitalizing principles of the products of the soil which are ripened directly by the enlivening rays of the sun. Meat is at the very best a one-sided

and at the same time, expensive food-material, insufficient for the formation of healthy blood.

T. B. Terry writes as follows in his book "How to Keep Well and Live Long:"

I eat but one food rich in protein at a meal, and then am very careful not to overeat of that as therein lies special danger. We owe our rheumatism and the various uric acid troubles mostly to eating over-much protein. To put it in simple form, for busy people, not for scientists, digested carbohydrates, starch, etc., in food are burned up clean, leaving no sediment in the body, while an excess of digested protein may not be burned up entirely into fine ashes that can be washed out, but leaves more or less waste in the blood, minute cinders, so to speak, instead of ashes. In time these may settle in muscles and joints, giving us excruciating pain when we try to move them. This is rheumatism. If they settle in the muscles of back it is called lumbago, and so on through the list. It may settle almost anywhere. It is a simple matter to prevent such troubles, or cure them, unless a joint has become permanently enlarged and stiffened. One has but to eat proper food, with no excess of protein, drink enough soft water and attend reasonably well to other life and health essentials.

Millions have suffered painful diseases, and have been driven to premature death, by gross over-consumption of protein food, recommended as necessary, by the false teachings of medical science. Even war will be a blessing in disguise, if it teaches the people that they may be happier, and healthier, and richer on a diet containing half the amount of meat they now consume—or even on none at all.

In conclusion, I suggest that you give this plan a fair trial, by cutting down, for a few months, the amount of protein food you consume, and noting how greatly your mental and physical efficiency has increased. Also, eat freely of fresh fruit and salad plants. You may feel weak, for a short time, as you would on giving up whisky, or tea, or coffee, but that will soon pass.

Booms and Slumps

DURING the thirty-five years that have passed since I first came to Los Angeles, there has not been a year in which the town has not been undergoing a boom, or a slump, or getting over a boom or a slump, or getting ready for a boom or a slump. Meantime, the population has grown from 10,000 to over half a million, so it is easy to see that the boom periods have predominated. However, this see-saw is neither necessary nor desirable—that is, it would not be, if men were less greedy and grasping. It is also an evidence of immaturity, like measles, or whooping cough.

Whenever things begin to look up, enterprising land subdividers proceed to buy tracts at \$500 an acre and sell them at \$500 a fifty-foot lot, a fine game, as long as it lasts, but of course there's a limit. The inevitable reaction comes. We found that out in 1887, and we are learning the lesson again today. In 1887 it was a calamity, now it is only an incident in the growth of the city. Still, it unsettles things.

These land boomers are, of course, aided and abetted by the newspapers, because, like the patent medicine men, they class advertising as their chief stock in trade. We can scarcely expect the papers to criticize severely those who spend so large a percentage of their gross receipts in advertising.

It is better for all that business should run along on a fairly level road, rather than that we should be one year on the crest of a boom

and next year in the slough of a slump. Besides, Los Angeles is no longer a "boom town," and should be growing more sedate. Periods of national depression, reactions from nation-wide booming, we cannot, of course, entirely escape, but we might eliminate, or at least modify, our periodical local jags.

Disposing of Defectives

MUCH interest has been aroused in the case of the Chicago infant, whom the doctors, with the consent of the mother, permitted to die, because it was a defective. The attending surgeon was quoted as saying:

The little boy's physical flaws would undoubtedly make him an invalid during his first year, and probably a defective later if he were allowed to live.

Many say arbitrarily that life is life, and should be preserved, no matter what the cost, but I cannot see the argument in the vast debt which would accrue in institutions, were this argument followed. And if having been given this case to decide, I should allow the child to live, I would consider myself guilty against the race. As it is, I consider this a favor to the race.

Replying to an inquiry of the reporter as to whether this is frequently done, the physician replied:

Many times—but quietly. Many things go on in the medical business which are done solely for good, but which might be condemned by so-called moralists and self-named social saviors. I have even taken the sterilization of subnormal girls and boys into my own hands—of course, with the parents' permission—and I know I have been right in so doing.

We are often told about the Spartans, who sacrificed defective infants. The Spartans had many good qualities, but in some respects they were too cold-bloodedly "efficient." We err, on the other side of sickly sentimentality. We preserve weakling infants, and thus reduce the average death rate, while the death rate after forty, from degenerative diseases, increases by leaps and bounds.

I approve of this course, provided it is certain that the child is mentally or physically hopeless, or both. Who is to decide this? It is an important question—too important, it seems to me, to leave to the changing vagaries of "medical science."

Sterilization of criminals and degenerates is proposed, and in some places has been enforced. Who is to pick out the subjects for this operation? Followers of "medical science?" A large proportion of patients coming to healers who practice the Nature Cure, who are restored to health, have been declared absolutely hopeless by members of the regular medical fraternity, sometimes by half a dozen or more of them.

We should remember that many who were physically deficient have accomplished great things. For instance, Demosthenes was tongue-tied, so that his speech in childhood was almost unintelligible. Alexander Pope was under-sized, and so feeble that he had to be trussed up to get about. Charles Lamb inherited an insanity taint, and was abnormal as a child. Samuel Johnson was handicapped in his movements by scrofula and palsy. He could not get on his feet without assistance. Agassiz was so crippled that he had to be carried out west, where he made his copper discoveries. Helen Keller was born deaf, dumb and blind.

It seems to me that we should go slow in condemning human beings to sterilization or death until we are quite sure that they are beyond repair.

Labor Unions

THREE hundred bricklayers, in Los Angeles, recently seceded from their union, and established a "Bricklayers Mutual Benefit Association." No walking delegates are allowed. Officials hold their positions without pay, and no initiation fees are charged.

This is a step in the right direction. Labor unions are helpful, when properly conducted. Labor has, of course, the same right to combine as capital, and more need to do so, because under our present system it is weaker. Modern labor unions, instead of being sources of strength to working men, have become, instead, a menace to their interests, and a constant cause of suspicion on part of capital.

The labor unions had their origin in the ancient guilds. A guild was a voluntary association of those living near together, who joined for a common reason, paying contributions, worshipping together, feasting together periodically, and helping one another in sickness and poverty. The influence of guilds was most important in Europe, from an early period. They attained their highest prosperity and development in the Teutonic countries, and especially in England, during the Middle Ages.

Labor unions, as at present conducted, are undemocratic. The most representative working men rarely take an active part in the management. They pay their dues; that is all. The control is largely left to professionals, who "toil not, neither do they spin." Their interest is not to bring about a settlement of labor disputes, but rather to stir up strife. Like the officers of a standing army, trouble brings them fame and promotion and furnishes a reason why they should continue to draw their salaries. This is an unnatural condition. Labor unions should be democratized, with actual working men at the head, serving brief periods, as do the officials of a republic. Their interest would lie in the direction of peace, not of war.

At the present time, when broad-minded employers are recognizing the need of a "get together" spirit, with mutual concessions, it is opportune for a reorganization of labor unions. It should be done, if we are to escape more trouble.

Billiards

BILLIARDS is the king of indoor games, especially for those who lead sedentary lives. It involves mild exercise, in walking, stooping and thrusting. Some day I shall get a pedometer, and see how far one walks around the table during a game. Billiards, unlike chess, does not require mental concentration.

Every parent of growing children should try to install a billiard table, even if they pay a little less for a piano, or an automobile. It is a good way to keep young people at home.

I recently asked the proprietor of a billiard hall why his business was apparently so dull. His reply was: "Gasoline and movies." It is a good wind that blows nobody any harm.

Why isn't there always a wrong way and a right way—one all wrong and one all right, and no mistaking them?—Clara E. Laughlin.

Developing a Citizen

IN order to attain national strength, we must develop individual morals. A chain is as strong as its weakest link. And with morals should go physique—a sound mind in a sound body.

Deaths in the United States, from degenerative diseases, have doubled, during the past thirty years. A large majority of applicants for naval enlistment are rejected, because they are below the normal physical standard, or are mentally and morally undesirable. Men who are unfit for the navy, are, in the long run, unfit to make good citizens.

We should revise our public school system. A healthy body, and a strong character, are of more importance than a knowledge of the names of the presidents of the United States, or of the length of the rivers of South America. While teaching the young how to study we should teach them how to live.

There has been talk, recently, of compulsory military training of high school pupils. I am opposed to this. It is a step toward militarism. When people get a uniform and a gun, they want to use them. Look at Europe. Compulsory military training and compulsory medical examination of school children, are unwarrantable assaults upon the liberty of the individual. We hear much about the benefit that would be derived from military training. It is indeed good for the body. It is not, however, necessary to put a youth in uniform and teach him to plug lead into another man, in order to develop his strength and endurance.

I am strongly in favor of compulsory physical culture for the young. I would cut out half the book learning, most of which is soon forgotten, and the remainder of little use, and devote this time to a thorough bodily training, in the open air. Also, a thorough training in forestry, or horticulture, or mining, or surveying, or land reclamation, each pupil to select one of these or other branches. And I would have a month each year of compulsory training in camp. This might include target practice. Thus we would have millions of hardy youths, ready to defend their country, if necessary. The finishing touches of drill could soon be put on.

This is in line with the ideas of my friend George Maxwell, who advocates a citizen army of agriculturists, on small tracts of land, ready to come to the defense of their country in time of need.

If the war teaches us anything at all, it should surely teach us to avoid anything like an approach to militarism.

I believe I am conservative when I say that at least seventy-five per cent of the quarrels—private, public, business, domestic, political, and religious—in court and out, arise from inability or refusal to see beyond one's own point of view—beyond the scope of one's own observation; inability or refusal to realize that the other fellow may have honestly heard, seen, felt, tasted, remembered, differently from what we have.—J. H. Tilden, M.D.

If any medical fact can be considered soundly established, it is that prayer often contributes to the restoration of health, and should be encouraged, as a therapeutic measure.—William James.

The Biggest Bogie

A FEW weeks ago, in Los Angeles, a man seventy-four years of age, a wealthy retired merchant, who had lived fifty years in California, shot himself. He was obsessed with fear of burglars, and made a hobby of new defenses against them, although never had he been stopped by a highwayman, nor had his home been entered. He bought burglar alarms by the dozen, affixing them on every window in his home, on the door to his room, on the transom, on the front door of the residence, and in all possible places where a burglar might disturb them. In his trunk were a dozen of these contrivances, for which he could find no place. As a further precaution, he had three locks on the door to his room, all of the most intricate and substantial design, and had reenforced their protection with a heavy wooden bar, placed against the door. Early in the evening he would retire, test all the burglar alarms, and then read, to be constantly startled by minor noises.

Fear is a greater bogie than ever was described by story tellers, and while theirs are imaginary, Fear is real. It is one of the greatest enemies of the human race, assuming Protean forms—fear of poverty, fear of accident, fear of death, or, as in this case, fear of those who “break in and steal.” The elder son of Fear is Worry, and he has outdone his parent, for while Fear has slain his thousands, Worry has driven millions to premature graves.

Fear is often due more to the condition of the stomach and liver than to that of the heart.

Make up your mind to conquer these monsters, even as St. George conquered the dragon. It will be a good resolution for the New Year. Then you may go on your way rejoicing, and may say:

“It matters not how strait the gate,

“How charged with punishments the scroll:

“I am the master of my fate;

“I am the captain of my soul.”

Pitiful Ignorance

A DOCTOR drew up a dietary for a fat woman. At the end of a month she reported, fatter than ever. The doctor, aghast, asked if she had eaten only what he prescribed. “Yes,” replied she, “except, of course, the regular meals.”

Not long ago, an old gentleman came all the way from Ventura, to ask me what he should eat, when he was fasting.

Last week a woman wrote to ask me if bread is a cereal food.

An orthodox Jewish woman, in San Francisco, twitted by her grocer with buying ham, exclaimed, in astonishment: “But ham is not pork, is it?”

I could quote enough instances of this kind to fill the magazine. Yet these people are what is called intelligent, and are well-informed on everything relating to their business, or households, with the important exception of the food of which their bodies are built.

Is it surprising that so many are sick, and run to a doctor whenever they have a bellyache, the same to be diagnosed as “appendicitis” and cause for an operation?

Early Discovery of Gold in California

HISTORIANS usually credit the first discovery of gold in California to James Wilson Marshall, at Sutter's Mill, on January 24, 1848, and a statue has been erected to him. This is incorrect, although Marshall was responsible for the big gold rush, that led to the settlement of the State.

The first gold in California, of which we have any record, was found in July, 1841, by Francisco Lopez, a vaquero. While hunting some of his master's stray cattle, he stopped to rest, and gathered wild onions, on San Francisquito Creek, forty-five miles north of Los Angeles, near the border of Ventura County. In the roots of one of the plants he noticed coarse gold.

The first shipment to the U. S. Mint, at Washington, amounted to about \$300, and brought \$19 an ounce, showing a high degree of purity. For several years thousands of dollars of gold were shipped, annually, from this location, through Los Angeles merchants. Ever since, there has been desultory placer mining in the creek, mainly by Mexicans.

The Jitney Bus

THE District Court of Appeals, in Los Angeles, recently decided that the city of San Diego has a right to require jitney busses to maintain a regular schedule, over a designated route, from six A.M. to twelve at night, daily, for at least six days a week. This, of course, would be impossible for one chauffeur, as it would leave him only six hours a day for sleeping, eating and recreation.

The jitneys could find profitable employment as cabs. Cab hire in America is ridiculously high, as compared with European cities. As a consequence, for everyone who patronizes a cab in America, a hundred or more do so in Europe. In London, you can ride two miles for a shilling, in a comfortable cab. On the Continent, prices are still lower. In the rainy season our auto cabs would have to be covered, but that would not cost much. Many autoless persons, who cannot afford a dollar, would ride home from office or entertainment in a cab in preference to strap hanging in a crowded street car, if the ride cost only twenty-five cents.

The First Rain

IT is not only the farmer in Southern California who is "jubilant" after the first rain of the season. This dry, electrical climate is hard on the nerves of those who are sensitive and high strung, while it is all right for the heavy, phlegmatic sort, who need spurring up. Nervous people heave a sigh of relief when the first rain of the season comes, as it did this year, early in November, washing the air, increasing the humidity, and brightening up the dusty vegetation. Then, within a marvelously short time, the brown hills begin to take on a shade of emerald green.

If I was God, I think I would arrange for a shower in this region once a week, during the summer, on Seventh Day nights, so as not to interfere with Sunday excursions. But then, that would not suit the fruit dryers and the hay makers; so I suppose it is all for the best.

The Noise Nuisance

SOME city noises are unavoidable penalties that we have to pay for the luxury of living like rabbits in a warren, but a majority of them are unnecessary, also harmful. It has been proved that even when you are asleep, noise stimulates, or rather, irritates, your nerves. As to sick people, many, hovering on the verge of the Beyond, have received their final shove from a raucous noise.

Much of the benefit of a vacation comes from the grand silence one finds in the mountains, or on the seashore. That is to say, if you are not so foolish as to go for a "rest" where they have merry-go-rounds, and "shoot the shoots," and other hideous nerve wrecking contraptions.

With noises attacking the ears, night and day, glaring electric lights half blinding one, and dust swallowed by the bushel, is it any wonder that so many city dwellers break down and develop what some call "neurasthenia?"

Several ineffectual campaigns have been waged against noises in American cities. One that promises results has been started by Mrs. Oakley, Chairman of the "Committee on Noise" of the American Civic Association. According to a writer in the Housewives League Magazine, (reprinted in the Literary Digest,) Mrs Oakley's awakening to the real facts of the noise evil came a few years ago, when she was speaking to women workers in Philadelphia. At a meeting there she asked the women to tell her what they considered the greatest evil of their crowded tenement life. One woman arose and said:

I speak for every woman here. What we cannot stand is the noise. It never stops. It is killing us. We work hard all day and need sleep and rest at night. No one can sleep till midnight and all the noise begins again at five. Many of us have husbands who work all night and must get their sleep during the day, but they get no sound sleep with all the noise that goes on about them. You can get away from the noise during the summer, but we cannot. We are right here in the middle of it all our lives. Now, what can your civic club do for us?

Mrs. Oakley had to tell the woman that the club could do nothing, as there were no laws against useless noises in Philadelphia, but she promised to see what could be done, and this organization is the fruit of her efforts.

In Los Angeles, Councilwoman Lindsay proposed an ordinance abolishing cocks that crow in the residence districts. The proposal met with much opposition, but Mrs. Lindsay is quite right. One of these noisy birds can disturb the residents of half a dozen blocks. If people want to raise live stock, they should go into the country. When an ordinance was introduced forbidding hogs to roam in the streets of Los Angeles, I suppose it also was bitterly opposed by mossbacks. Of course, the large farming districts annexed by Los Angeles should be excluded from the provisions of such an ordinance. They don't belong in a city, any more than roosters.

Another city noise nuisance is the church bell, a relic of the days before watches were invented. Now, you can buy a watch for a dollar.

Why not make city life more pleasant?

So close does falsehood approach to truth that the wise man would do well not to trust himself on the narrow edge.—Cicero.

Diet and Cancer

DR. HORACE PACKARD, of Boston University, in a paper read recently before the Academy of American Medicine, in San Francisco, confirmed what I have been saying for many years, namely, that demineralized foods form an important factor in the development of cancer, and other diseases. Arguing that the human family is underfed in mineral salts, Dr. Packard said:

A momentous fact is that the flour mills and the rice mills of the civilized world are busy eliminating every particle of iron, phosphorus, sodium, potassium, silica, calcium, chlorine, magnesium and sulphur (mineral salts) from our staple food supply, and sending out food material rich in heat units, but pitifully meager in energizing and immunizing material.

In a single flour mill of the Middle West approximately 1,000,000 tons of wheat are milled each year. Of this about 550,000 tons go to the human family as refined flour (wheat starch) and 450,000 tons of the by-products, bearing the energizing, immunizing food salts, go mainly to feed domestic animals.

To this I may add that those who persist in eating white bread should at least eat with their meals a little bran, to make up for the valuable substances lost in milling. Also eat freely of raw green stuff.

However, the chief cause of cancer is the consumption of more food, especially protein food, than the body can assimilate. Lack of mineral elements usually results in anemia, nervousness, scrofula and tuberculosis. It is also the main cause of beri beri and leprosy.

Sweet Land of Liberty

AN unusual incident occurred, when the Liberty Bell, on its return trip, made a short stop at Fort Worth, in Texas. A number of the Philadelphia party was so thoughtless as to lift a negro girl to the cars, and let her kiss the bell. Whereupon, an enraged crowd of citizens, aroused to righteous indignation, sought to attack the Lib-
eray Bell party. Being prevented from doing this, they gave vent to their feelings by throwing stones, and chasing the negroes of the town into hiding places. Fortunately, a snapshot of the sacriligious Philadelphian was secured.

A shocking affair. Whether, in saying this, I refer to the action of the child of a liberated race, in kissing the sacred relic, or to the action of the mob, I shall leave my intelligent readers to guess.

Idle Money

AFEW days ago the bank statement showed more money lying idle in the banks than ever before in the history of the country. Now comes the November crop report, which indicates a record-breaking yield of grain. Why should this country not be prosperous? There is only one obstacle. That lies in the reluctance of big business to take off the brakes while the government is administered by men who refuse to take its orders. . . . How long can they afford to continue a policy that is not justified by conditions and that is costly to everybody concerned?—Chicago Journal.

An Anniversary

THE fifteenth of this month will be the hundredth anniversary of the birth of my father, Henry Brook. He was born on a farm, in the county of Suffolk, England, and died, over thirty years ago, at Margate, on the coast of Kent, while I was in Arizona.

"Gentleman Harry" he was called by his associates. He was indeed a gentle man, with much of the courtly manner of the old school. Of artistic temperament, he possessed a keen appreciation of the beautiful. Unselfishly he denied himself luxuries, and even necessities, in order to give his four boys greater educational advantages than he had enjoyed. Alas, that children seldom realize, or appreciate, the sacrifices of their parents, until it is too late. "Of all sad words of tongue or pen, the saddest are these: 'It might have been.'"

My mother's death, when I was only thirteen, was a stunning blow to my father, for she was a loving helpmate. When I was just old enough to understand, I remember her telling a friend that she had never heard an unkind word from her husband.

The disease of which my father died, cancer of the stomach, was superinduced by financial and religious worry, for in middle life he became inoculated with the virus of Calvinism, and being of a modest disposition, doubted whether he was of the "elect." I rejoiced to learn that, before he died, he found perfect peace and assurance. Surely, none was ever more worthy to occupy a mansion in that Heaven in which he so devoutly believed.

Whatever there is of good in me I have inherited from my father and mother; the bad I have acquired, through environment.

It pleases me to be able to pay this slight tribute to the memory of a loving father and a good man.

Mind and Body

A FALLACY common to our day is the "all is mind" idea, ignoring the co-existence of the physical. This is just as foolish as the other extreme of the purely physical, including germs, serums, surgery and patent medicines. Man is neither physical, mental, nor moral. He is a unit. He is an inseparable composition of all three. That which affects him physically also affects him mentally and morally. Many ills are purely physical, and must be treated by physical means. It would be the height of insanity to attempt to heal a man with a shattered limb by mental suggestion.

However, I believe that a large proportion of our ills are of mental origin. They come through fear, worry and general ignorance of the laws of being. Many of us so-called "respectable people" are no better than people we meet on the streets, who do not conceal their weaknesses. Whisky drunkards are not the only drunkards. The man who must have his coffee before he is fit to work is a drunkard, the man who must smoke is a drunkard, and there are tea drunkards and medicine drunkards.—Reynold E. Blight.

In this age of extravagance it is well to remember the old adage about taking care of the pennies.

A Red Man's Philosophy

SIX feet in height, weight 180 pounds, age 76 years, considerable philosopher, bank account \$100,000. These are the superior statistics about a superior man.

Dark Cloud is an American Indian, a Penobscot from Maine. On the books of a local film company he is enrolled as an employee.

This incarnation of physical fitness has more to sell than a bronzed statue of superb animation. At 76 years of age, he is younger than the average white man at 35, and more powerful than a trained athlete of the white race at 25, yet he has more to sell than strength. And the secret of health, strength and long life, he says, is simply knowing how to rest.

Dark Cloud is concentrated intelligence. He has a quiet heart and a trained intellect. His nature is calm, but he comprehends the storm. He can stand like a figure chiseled from marble, or he can register the emotions of a man whose nature has been inflamed by every passion that besets the human heart.

That is why David W. Griffith has enrolled him in stock, a position coveted by thousands of actors, and why he is given significant parts in some of the masterpieces of this great director's production.

Almost the last pure-blood of his race, this wonderful native American looks with the regret of a superior intelligence upon the vanishing of a noble people.

"It gives me unutterable sorrow," said Dark Cloud, "to see such a race as mine destroyed by the whites. When the Caucasian amalgamates with another race, only the Caucasian is left. My own wife is only three-fourths Indian and one-fourth English. My son-in-law is an Irishman. You can see where all this leads to.

"My people understood nature and lived close to her throbbing heart. That is why they were eloquent. They had the tongue of the winds. Their speech incorporated the color of sunset and rainbow. It held the glory of the dawn and the music of the twilight. It was illumined by moonrise and evening star. There was the fragrance of dew about it.

"Your people speak the sordid tongue of money.

"My people knew how to rest. They could revive themselves. They could create themselves anew. When I am stripped see how young is my flesh. I know what it is to lie upon the pulsing earth and drink the wine of the sun. I know what it is to be cooled by a breeze in the great open places. I know how to follow the deer and the animals of cunning. To this day my wife and I keep an annual appointment with the spirit of life in the heart of the woods.

"Your people do not know the shelter of the trees and the whispered secrets of the forest. They never drank from the chalice of nature; they have never been baptised in her fountain. They wear themselves out, and they are never renewed."

All this Dark Cloud pronounced in a voice like a deep-toned organ and with a diction as pure as English may ever be.—Los Angeles Times.

A Frenchman is much more fond of money than an American, but he is not so fond of money making.—G. K. Chesterton.

The Paths of Glory

THE curfew tolls the knell of parting day;
 The lowing herd winds slowly o'er the lea;
 The plowman homeward plods his weary way,
 And leaves the world to darkness and to me.

Now fades the glimmering landscape on the sight,
 And all the air a solemn stillness holds,
 Save where the beetle wheels his droning flight,
 And drowsy tinklings lull the distant folds:

Save that, from yonder ivy-mantled tower,
 The moping owl does to the moon complain
 Of such as, wandering near her secret bower,
 Molest her ancient, solitary reign.

Beneath those rugged elms, that yew-tree's shade,
 Where heaves the turf in many a mouldering heap,
 Each in his narrow cell forever laid,
 The rude forefathers of the hamlet sleep.

The breezy call of incense-breathing morn,
 The swallow twittering from the straw-built shed,
 The cock's shrill clarion, or the echoing horn,
 No more shall rouse them from their lowly bed.

For them no more the blazing hearth shall burn,
 Or busy housewife ply her evening care;
 No children run to lisp their sire's return,
 Or climb his knees, the envied kiss to share.

Oft did the harvest to their sickle yield;
 Their furrow oft the stubborn glebe has broke;
 How jocund did they drive their team afield!
 How bowed the woods beneath their sturdy stroke!

Let not Ambition mock their useful toil,
 Their homely joys, and destiny obscure;
 Nor Grandeur hear with a disdainful smile
 The short and simple annals of the poor.

The boast of Heraldry, the pomp of Power,
 And all that beauty, all that wealth e'er gave,
 Await alike th' inevitable hour:
 The paths of glory lead but to the grave.

—Thomas Gray.

It may be accepted as a formula that in the long run the advertising columns of a newspaper are salable directly in the proportion that its editorial and news columns are independent, honest and unpurchasable.—George B. Dealey.

Briefs

They say King Constantine was hypnotized by German doctors. More likely bulldozed by his German wife.

Prince Albert of England, operated on a year ago for appendicitis, is now suffering from an "obstinate gastric disorder." Cause and effect.

Villa says he won't kill Carranza, but will shave him. Many reputations are based on much hair and little speech.

Excusing Zeppelin raids, a German paper calls the Tower of London a fortification. Poor joke.

Mrs. Gaither Drewry, 30, of Spencer county, Ky., had nine children in 18 months. Fives and fours; seven living. Rabbits.

The "unspeakable Turk" has been slaying Armenians since I was a boy. Surely, there cannot be many left.

Police Judge Cheseboro, of Los Angeles, gave a man six months' jail for automobiling while drunk. Oh upright judge!

Two thousand women are fighting in Serbia's army.

King George had four physicians in attendance; yet he lives.

Many drugs have risen ten-fold. More chance for the sick.

John P. Irish says suffrage "coarsens, demoralizes and vulgarizes" woman. Irish is getting old.

Sugar barons cornered all raw sugar. They need protection.

Laxcadio Hearn should be proud to be elevated to court rank, in Japan. How will they notify him?

The Oregon Sunday observance law has been declared invalid.

A Berkeley student held breath ten minutes. A male student.

Dr. H. G. Huffman, Youngstown, O., cured himself by fasting 47 days. Five doctors had said he must die.

According to a writer in Scribner's, German troops, in the trenches of Alsace are using vitriol and hot oil, in addition to poisonous gases. Who wouldn't be a "jolly sojer" boy.

Bavarian troops consume 250 carloads of beer weekly. If beer decreases efficiency, the Allies are probably praying that the Bavarians will continue to drink it.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

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No. 7

Christmas

THERE is an old doggeral that runs: "Christmas comes but once a year, and when it comes it brings good cheer." To some of us.

As I remarked last year, the beautiful Christmas spirit, created by Dickens, has degenerated, until it threatens to become an annual benevolent jag. Let us, at Christmas, give personally, not only of our financial surplus—if we have any—but also moral sympathy and encouragement, to those of our neighbors who are in danger of being overwhelmed by the deep waters of doubt and despair. If you ask: Who are my neighbors? I refer you to the parable of the Good Samaritan. A check written for a charitable institution—of which check perhaps forty per cent reaches the needy—will not bring so much blessing and joy "to him that gives and him that takes" as a warm pressure of the hand, a sympathetic word and a helpful suggestion to one who has been thrown down in the cruel struggle of modern life.

And then, too, the children. It is well that they should be remembered at this season, for childhood, alas, is all too brief. Not with costly toys, and above all not with "good, instructive books," but with something that will cause them to use their constructive or imaginative faculties, and yield more than passing pleasure.

As for expensive gifts, exchanged, as a matter of form, by those who cannot afford them, that is a silly abuse of the true spirit of the anniversary. By the way, a subscription to **BRAIN AND BRAWN** is not a bad little Christmas souvenir for a friend at a distance, if he is one of those who thinks. It will remind him of you once a month for a year.

Finally, may I again suggest that it would be a good thing to distribute some of the superabundant Christmas spirit, as a mild stimulant, over the whole year, instead of making of it an annual debauch of one week.

The Pacific Mail Steamship Company abandoned its Pacific service, on the ground of the Seaman's Law, and then transferred its ships to the Atlantic, where the same law applies with equal force.

The war will end when the money gives out, and that will happen when bankers and capitalists cease lending to the warring powers.

An Editor's Job

IF you could glance over the mail I have received during the year that draws to a close, you would be amused at the contradictory commendation and criticism. For instance, Socialists view me with disapproval, because I will not swallow their formula, whole. I never did like formulas. "Malefactors of great wealth" are inclined to regard me as an anarchistic disturber. Catholics denounce me, because I have dared to refer to historical facts not altogether complimentary to the Catholic church, and anti-Catholics say I have sold myself to the devil, because I do not call the Pope "Anti-Christ," and expose the filling of church cellars with rifles. Germans are angry, because I have criticized Prussian militarism, and English think my references to a certain objectionable type of Britisher are uncalled for, "don't you know." Finally, the various schools of drugless healing are dissatisfied, because I frequently reiterate the fact that no one method of aiding Nature to restore health is all-sufficient.

And so it goes. Under these circumstances, I think I am justified in concluding that I have fairly well succeeded in being impartial and unprejudiced.

Why Wait for War?

THE war has brought about in the twinkling of an eye reforms that it would require generations to achieve in times of peace. As for instance prohibition of whisky, absinthe and vodka, control of excessive food prices, and so forth. Why should we wait for war to force us to act in the interest of humanity? Suppose that only one per cent of the money expended by European nations during the past year in destruction of life and property had been devoted to constructive work. What a happy world it would be.

Unfortunately, the same perverse rule holds good with individuals as with nations. A man will spend more money to gratify spite against an enemy than to forward his own welfare.

The war will be followed by bloody revolutions in all the warring countries, except France and Serbia, and monarchs will be lucky if they lose only their thrones.

People never die directly from the effect of surgical operations. Sometimes they "fail to rally," but usually "complications set in."

BRAIN AND BRAWN will not appeal to those who buy a magazine for the sake of a girl on the front cover.

Authorities Versus Nature

THE medical fraternity depends largely on "authorities." These "authorities" change from year to year, so that the authority of five years ago may be as much out of fashion as a woman's year-before-last hat.

The only authority I recognize is that of Nature, as learned by a study of her work.. Nature may be aided by natural methods, but in most cases all that is needed is to let her alone and give her a fair chance. As a rule, "authorities" recommend measures that only result in suppressing Nature's efforts to restore normal conditions—in other words, to heal, for Nature is the Great Healer. Otherwise, we should all have been dead long ago.

Nature's methods do not change. They are "the same yesterday, today, and for ever." Two thousand years ago, they were summed up by Hippocrates, the Father of Medicine, who said: "Nature, not the physician, cures." How far the medical fraternity has wandered from the teachings of him they pretend to call the father of their profession.

The Nobel Prize

I SEE that Edison has received the Nobel prize. He certainly deserves it more than some who have been paid a sum that to many would be a fortune. One of these, I believe, was Ehrlich, who devised the drug salvarsan, or "606," that was to put an end to syphilis. It has killed many, but no inroad has been made on the ravages of the disease, and it will soon go the way of other discredited "wonderful cures," that may temporarily suppress symptoms, but never touch the cause.

It seems to me that much more good might be done with this Nobel money by giving it to those who need it—to struggling scientists, and authors, and inventors.

When tourists admire our winter climate they add: "But how warm it must be in summer." And you cannot convince them to the contrary.

The greatest success you can achieve in life is to make your family, relatives, friends, and acquaintances as happy as you can. If you accomplish this, you need envy no captain of war, or industry.

Cowper had evidently read Varro, who wrote: "Divine Providence made the country, but human art the town."

Brooklets

During a slump, the early incendiary gets the worm—the insurance. Late comers are liable to get a jail sentence. Immoral: If you intend to burn up, do it now.

* * *

As the lamb is led to the slaughter, so is the patient conducted to the operating table. And he usually knows no more about his fate.

* * *

A writer says: “No men tell their wives they can’t afford it, when they want to buy something for themselves.” Substituting “few” for “no,” this is correct.

* * *

The most effective producer of poise is a healthy bank account and next to that a good digestion.

* * *

Did you ever consider the bare possibility that you might be wrong, and the other fellow right?

* * *

I have often found atheists more narrow and bigoted than priests.

* * *

I notice that good people, who object to “breaking the Sabbath,” often crack it a little.

* * *

Pulpiteers make good advertising agents for risky plays.

* * *

Almost everything in the evening papers nowadays is a “mystery.”

* * *

Let me write the school books of a country, and I care not who writes the laws.

* * *

Did you ever read a novel with an altogether satisfactory ending?

* * *

The American custom of middle initials is a monstrosity. Fancy Julius A. Caesar, or George E. Washington.

* * *

Don’t expect that you will ever be able to “do just as you please” however rich and powerful you may become.

* * *

Printers are more respectable and reliable, but less jolly and interesting, than they were in the days of brevier and long primer.

* * *

Grasp a nettle and it will not hurt you as much as if you try to crawl around it.

Harm Done by Excess of Protein Food

SULPHURIC acid and phosphoric acid actually burn up the tissues of the body. This explains why people living on a "highly nutritious" meat and egg (protein) diet often grow thinner instead of fleshier. Instead of building up, the acids of sulphur and phosphorus burn up the tissues of their bodies. They destroy the cellulose membranes which form the protecting skins or envelopes of the cells, dissolve the protoplasm, and allow the latter to escape into the circulation. This accounts for the symptoms of Bright's disease, for the presence of albumin (cell protoplasm) in blood and urine, for the clogging of the circulation, the consequent stagnation and accumulation of blood serum (dropsy) and for the final breaking-down of the tissues (necrosis) resulting in open sores and ulcers.

Excess of phosphorus and the acids derived from it overstimulate the brain and nervous system, causing nervousness, irritability, hysteria and the different forms of mania. An example of this is the "distemper" of a horse when given too many oats, and not enough grass or hay. The excess of phosphorus and phosphoric acids formed from the protein materials of the grain, if not neutralized by the alkaline minerals contained in grasses, hay, or straw, will overstimulate and irritate the nervous system of the animal and cause it to become nervous, irritable and vicious. These symptoms disappear when the rations of oats are decreased and when more fresh grass or hay is fed in place of the grain.

Similar effects to those produced upon the horse by an excess of grain are caused in the human organism, especially in the sensitive nervous system of the child, by a surplus of proteid foods, of meats, eggs, nuts, cereals and pulses. Yet, when patients suffering from overstimulation of the brain and nervous system consult the doctor, his advice in almost every instance is: "Your nerves are weak and overwrought. You need plenty of good, nourishing food (broths, meat and eggs), and a good tonic." These "remedies" prescribed by the doctor are the very things which caused the trouble in the first place.—Dr. H. Lindlahr.

Massage

FREQUENT massage is very helpful in retarding the stiffening of the muscles and the hardening of the external tissues. Massaging of the neck muscles and the head muscles has been found to materially aid defective hearing and even defective eyesight. It also tends to quicken the mental processes, and, as is well known, tardy, slow cerebration tends to diminish brain circulation, and is one of the indications of the aging processes. In other words, general massage of the body is very beneficial for elderly people. It retards loss of hearing, dimness of vision and other symptoms of declining powers.—Orison Swett Marden in the Nautilus.

Too much food sets up a state of general inflammation throughout the body, which you interpret as a call for more food, when in reality it means there is already too much on hand. A stomach that is generating ferments calls for more, more. And another meal piled in gives temporary relief.—Elizabeth Towne.

A glass of cool water half an hour before meals is the best appetizer and stimulant for the gastric secretions.

Slippery Pavements

MUCH has been done in paving and sidewalking Los Angeles, during the past quarter of a century. In 1886 there was not a mile of paved street or cement sidewalk in the city. There are now nearly 150 miles of paved streets. Less than thirty years ago, our main business thoroughfares were almost impassable, after a few days of rain. In 1887, I remember seeing the broken leg of a horse sticking up in a hole in the street, for half a day, near the corner of Spring and First, at that time the business center.

As usual, with benefits come some drawbacks. The smooth paved slopes of hill streets are hard on horses, and even on autos. In Pasadena, recently, more than 300 skidding accidents to autos were reported on Fair Oaks Avenue hill, within twenty-four hours.

Pedestrians, also, encounter dangers on sidewalks, especially when they are wet. Last year I broke my hip on the slippery asphalt pavement of a local railway station. This peril has been intensified by the custom of covering most of the sidewalks in the business section with glass skylights. The danger may in a measure be escaped by wearing rubber overshoes.

Smooth pavements are good, but in the interest of man and animals, they should be roughed or "nicked," when they are on a slope. I notice that some of the hill streets in Los Angeles are to be roughened with oil and gravel.

Self Martyrdom of Women

THE development of the germ of goodness in woman may be measured by her tendency towards self-sacrifice. Even the most selfish of her sex, provided she has some rudimentary virtues, hugs close to her bosom some pet little thorn which she loves to dig into her shrinking flesh. She enjoys some odd little mortification, some fantastic humiliation, that is known only to the inner chamber of her soul. Your great-hearted woman practises suttee daily, greatly to the consternation of an observant yet unperceptive husband. Doubtless this characteristic has a sexual basis, psychological perhaps rather than directly physiological, being an instinctive assertion of the fundamental principle of passivity, which in its turn is translated into the need to be held down and subdued. Thus, if the man does not beat her, she will beat herself; if he is a fool, she will often apply caustic to her wisdom, so that she may reverence him; if he is a knave, she will choke her honesty.

Side by side with the assertion of this principle, and indeed often inextricably confused with it, is the maternal impulse, which by manifold divergences from its primary manifestation causes women to find a joy, uncomprehended by men, in pangs of suffering. The higher the type the stronger the impulse towards this sweet self-martyrdom.—William J. Locke.

All inorganic substances, save water and oxygen, that we find in the body, from the supposedly innocuous sodium chloride on up to the evidently toxic carbon dioxide, are purely waste products, and being more or less deleterious, must be promptly expelled from the precincts of vitality, or else a corresponding amount of damage will most likely be experienced.—Thomas Powell, M.D.

If, in comparison with the rest of his hand, the end joint of a man's thumb is relatively short and otherwise small, ninety-nine times in a hundred he is halting, vacillating, unsteady and lacking in will power. Such a thumb is a sure sign of a weak will, an appetite or passion governed will.—Sir F. Galton.

Lentils

THE Highland (San Bernardino County) correspondent of the Los Angeles Times writes:

"Some of the farmers of this section are planning to put in small crops of lentils this winter and spring as an experiment. There is a good deal of interest here in the lentils, for they are said to be one of the coming crops. Lentils are not in great demand in this country, but it is believed that the demand for them would increase were they grown to any great extent. Lentils make a very palatable hay, but the great demand for them is for lentil soup, the plant being allowed to go to seed. Food experts say that they are as nutritious as beans, as edible and much cheaper, and are used for man and animals."

I do not know about animals, but certainly they are "used for man"—including myself.

It is strange that the lentil is so little known in this country. In Germany it is used as extensively as we use beans. "Linsen suppe" is a favorite dish throughout Germany. You may also make them into savory croquettes, mixing with an egg, onions, and a little flour.

An objection to the lentil is the hull, which forms so large a part of it, and is indigestible, like the hulls of beans. You may get rid of this by rubbing through a colander.

Lentils are exceedingly rich in protein, containing twenty-five per cent., therefore, should be used in moderation. They are a good substitute for meat. One pound of lentils contains four times as much nourishment, and nearly four times as much protein, as a pound of lean beef.

Fifty years ago, hulled lentil meal was widely advertised in England, under the name of "Revalenta Arabica." Recently a man who was connected with the manufacture of that product has tentatively put on the American market a lentil meal, under another name. He wrote me that he would have to shut down, because he could not get lentils from Europe. Fancy having to import lentils from Europe.

The "red pottage" for which Jacob sold his birthright was lentils. It is so called in the German translation.

Shoes and Corns

ALL shoes are made with almost a straight line on the inside of the foot. This does not afford the great toe room to recede at all, but forces the joint of the little toe over against the shoe, it being the least able to resist pressure. By stretching the shoe on the inside, next to the great toe, you reverse the order of things, and relieve the little toe. To prove this, let any one whose corns pain him reverse his shoes: put the left shoe on the right foot, and vice versa, and notice the relief. Then study the whys and wherefores. As long as shoes are made on the same lines as at present, people will be plagued with corns, unless they do as I did.—Correspondent Medical World.

A simple rule for those who wish to reduce flesh: Double your exercise and halve your food. It works every time, but it takes grit to do it.

Eastern visitors to California are surprised at having to pay three cents apiece for apples.

Forty Years Ago in Los Angeles

LOS ANGELES citizens are beginning to clamor for the substitution of gas for the antiquated oil lamps, as a means of lighting the city's streets.

Work on the Southern Pacific road, over the Tehachapi pass, is progressing as rapidly as 2500 men and 500 horses can carry it along. It is expected to complete the line to Los Angeles by July 1 next.

R. M. Town has purchased, from S. L. Stanley, twenty-two acres of land, at Main and Jefferson streets, for \$7000.

Scott & Baker have found it necessary to plug up three of their oil wells in the San Fernando district, pending the arrival from San Francisco of a still, capable of distilling fifty barrels of oil a day.

H. T. Hazard has sold to J. Fryer and others five acres, at the corner of Tenth and Bulkley streets; an undivided forty acres south of the city limits, and lot 7, block D, Mott tract, for \$800.

—Los Angeles Express, October, 1875.

Unwholesome Food

THERE is a kind of fat which is of no use to anyone. This is the sort of fat that tuberculosis patients take on at the sanatoriums. The patient comes there, lean and hungry from improper food and exposure to the ravages of tuberculosis. He is immediately put upon milk and eggs, baked bananas, baked potatoes, and the like, and without taking any exercise he is fattened, just exactly as a farmer fattens a goose or turkey for market. Such fat will not be found intermingled with the muscles and the different tissues of the body. Such fat is deposited within the abdomen, in large flakes or layers. It is a kind of fat that does the body no good, although it increases the weight.—The Healthy Home.

Garbage

THE disposal of garbage, in large cities, has become an important and somewhat difficult problem. In Los Angeles, the City Council discovered that it had missed an opportunity to make enough money out of the garbage to pay for its collection, or about \$100,000 a year. A responsible firm offered to pay \$2 a ton, but the city cannot accept it, because a contract for the disposal of garbage will run for nearly ten years. Under it, the city receives only 53 cents a ton.

It is certainly not desirable to feed garbage to hogs, that wallow in filth, and often drop dead before they can be killed. It should be put through purifying flames, as was done 2,000 years ago, outside the walls of Jerusalem, where Gehenna laid the foundation for the awful idea of an everlasting hell. After that, its elements may be restored to the soil, whence it came.

According to the Rev. Camden M. Coburn, of Allegheny College, St. Paul was bow-legged, and married.

Honey is not inclined to create fermentation, as are other sweets.—J. H. Tilden, M.D.

All Fools

A BOARD was hoisted in the German trenches, bearing the inscription:
THE ENGLISH ARE FOOLS.

No one wasted a bullet on such poor abuse. The board went down and reappeared with the addition:

THE FRENCH ARE FOOLS.

It was ignored by the British. Then the board came up again with a third line:

WE ARE FOOLS.

A lively interest was now awakened in the board. On its last appearance it bore the inscription:

WHY NOT ALL GO HOME?

—Manchester Guardian.

Material for Divisecion

COOKO, a little brown mongrel dog, seemingly endowed with human intelligence, summoned aid early yesterday which probably saved the life of his master, Henry J. Pauly of 520 Mt. Washington drive, who was injured in an accident which resulted in his wife's death. The animal was pinned under the automobile with Mr. Pauly and his wife, Ray M. Pauly, in upper Tujunga Canyon, after the machine had somersaulted down a thirty-foot embankment. Realizing that his master's condition was precarious, the dog strained at a strap to which he was fastened. Mr. Pauly, with great effort, cut the strap and ordered the dog to return to the camp which they had just left. For a moment the dog hesitated, then turned and left for aid.

Whining, wet and mud-begrimed, the little animal returned to the ranch where Mr. Pauly's son, Henry Vincent Pauly, eighteen, was staying. He tried to convey his message to the boy, but was brushed aside. The animal continued to whine and would start back toward the scene of the accident, only to return when he noted that young Pauly did not follow. Finally the boy realized that something was wrong and followed the animal to the spot where his parents lay.—Los Angeles Tribune.

Heart Thrabs

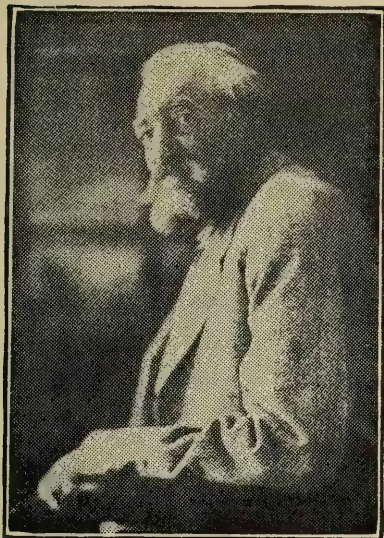
IT is a demonstrable fact that the heart of the habitual meat eater beats from seventy-two to eighty beats a minute, while that of the person living on a pure diet of fruits, nuts, etc., will be ten times less per minute. Fifteen hundred extra heart strokes every twenty-four hours makes a very appreciable strain upon the vital forces.—W. R. C. Latson, M.D.

No two pairs of eyes see colors alike. This does not refer to color-seeing and color-blind eyes only, but there is reason to believe that all eyes differ more or less in their perception of color.—Prof. John Aitken.

C. B. Hubbard, a San Francisco real estate dealer, told the State Rural Credits Commission that two-thirds of the land companies doing business in California sell by making misrepresentations to prospective purchasers.

One sartorial luxury is permissible to men—a daily change of underwear, and frequent cleansing of the outer garments, if you cannot afford to renew them.

Health Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook N.D.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

ASTROLOGY.

Reading your short article in *BRAIN AND BRAWN* on Sun-spots and Astrology, reminded me of an article in a recent number of the "Adept," an astrological magazine, in which criticisms of astrology by Prof. Edgar Lucien Larkin are answered by L. Edward Johndro. Among other things Mr. Johndro says:

"Dr. Brooks, another western man of Aries birth, has often written the same impulsive, unwarranted, blind and inane criticisms against astrology. These men, like the ram, with malice aforethought, lower the head and unseeingly plunge to the attack with all the irresponsibility which Bergson attributes to the 'vital impetus' in its blind ramifications."

I was wondering if he had reference to you.—Harry Lange, Box 196, Riverside, Cal.

I suppose he had, although my name is not Brooks. I was born on the twenty-first of March, and I occasionally take a bang at the astrology superstition.

Thousands of years ago, simple Oriental shepherds, gazing at the starry skies, gave fanciful names to the constellations, according to what they thought they resembled. Sometimes it requires a very strong imagination to detect the resemblance. For instance, the Great Bear is far more like the Plow, or the Dipper, both of which names it bears among the peasants in England. If instead of Aries the Ram these shepherds had happened to name the constellation under which I was born by the name of my wife, Agnes, the Lamb, I suppose I should have been as mild and docile as she is—not—instead of being a butter-in, as this gentleman Johndro, whom I have not the pleasure of knowing, remarks. You might as well say I am a "rich lord" because my given name happens to be Harry.

Later on, the Greeks gave fanciful names to the planets. Mars was named after the god of war, because it is red and fiery, and Venus was so named because she was one of the most beautiful stars in the heavens. So now, according to astrology, if you happen to come under the influence of Mars, you will be war-like, or if you happen to connect up with Venus, you will have troublesome love affairs. The ignorance of these Greeks in regard to astronomy may be realized when I say that it was the sober belief of primitive Greeks that the sun was a torch, and the stars candles, periodically lit and extinguished. I will say no more on this subject, but will quote following opening paragraph from the article on Astrology, in the *Encyclopedia Britannica*:

"Astrology, the so-called science by which various nations, in various ways, have attempted to assign to the material heavens a moral influence over the earth and its inhabitants. For long ages astronomy and astrology were identified. Isidore of Seville is the first to distinguish between the two; nor did astronomy wholly rid itself of astrology, till, with the system of Copernicus, the conviction that the earth itself is one of the heavenly bodies was finally established. Even at the present day a few may be found who, from a superstitious reverence for the past, or the spirit of contradiction, pride

themselves on their adherence to the belief in stellar influences. It is no longer necessary to protest against an error which is dead and buried."

MENSTRUATION.

Alice W.—Many women, like you, suffer acutely every month. Profuse and painful menstruation is altogether unnatural and unnecessary. In animals the function is scarcely manifest. The chief causes of this abnormal condition are two; first, errors of diet, which also produce high blood pressure; second, sexual excess. Not long ago, I heard of a young woman who became free of all monthly disturbances some time after she had adopted a fruitarian diet.

ENEMAS.

J. M.—I do not approve of the contrivance that you sit on, forcing the water up into the bowel. I consider it more or less dangerous. The best is the old-fashioned kind that hangs on a nail.

DEEP BREATHING.

W. L.—Complicated deep breathing exercises are bad. The proper way to breathe deeply is by raising the muscles of the chest so that you breathe deeply in a natural manner, and by exercise, that forces you to breathe deeply. All other ways, being unnatural, are harmful.

TUBERCULOSIS.

F. L. D.—Like smallpox, the danger of tuberculosis has been grossly exaggerated. If you have a touch of tuberculosis, and know how to live so as to get well, you need not fear it, any more than you would fear a bad cold. A majority of those dissected show traces of healed tuberculous scars, and most of these people never knew they had any such ailment. So you see, nature heals when she gets a chance. The main thing is to eat carefully, avoiding irritating foods, and above all to avoid stuffing with milk and eggs, eating plenty of foods that abound in the organic salts, as fresh fruits and raw salad plants. Also, you must live almost entirely in the open air. It is absolutely impossible to cure lung disease, as long as you breathe house dust. If you cannot do this, then you must prepare to go from bad to worse. In that case I cannot help you. Nobody can help you.

Nine thousand New York policemen asked for votes for women, because women are rarely lawless or criminal, in proportion to the male offenders, and comprise less than six per cent. of imprisoned criminals.

Discriminating Readers.

Advertising in **BRAIN AND BRAWN** only pays those who have something to offer that will appeal to people who think.

Few readers of the magazine are "easy marks."

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the traffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A GRATEFUL CONSULTANT.

I have carried out your instructions in every way, and doctor, just think, I cough only occasionally. What a blessing. What a struggle I have had. Eight doctors, and not one able to tell why I coughed. One doctor's wife said I had tuberculosis of the throat. Everywhere I went people would start, and look distressed when I coughed. I have been absolutely miserable.

Dear Doctor Brook, I suspect you are overwhelmed with gratitude from your patients. No one but God knows what you have done for me. I cannot express my gratitude. The heart is too full for words. This will be the greatest Thanksgiving I have ever had. What a wonderful work you are doing for poor misguided humanity. I hope you will live many, many years, for the world needs you.—Pauline Payne, 1590 W. 8th St., Riverside, Cal.

"THE CRIME OF SILENCE."

I wish to thank you heartily for your good review of "The Crime of Silence." It may interest you to know that it is having a good sale and is arousing a great deal of interest.—Orison Swett Marden, 29 E. 22nd St., New York.

A MAGAZINE FOR THOSE WHO THINK.

Find inclosed money order for \$2.00. Please extend my subscription from the first of the year, or the expiration of my present subscription.

I find your magazine a very useful adjunct to my daily practice, and recommend it to all who are seekers of knowledge straight from the shoulder, with all the ruffles trimmed off, before delivery. A magazine for those who think, not for those who think they think.—C. H. Maxon, D.C., 880 Tonawanda St., Buffalo, N. Y.

"POOR DEVIL LAITY."

Your admirable and useful magazine comes, as usual, full of good stuff, teaching your readers the way of life, and banging at the fakers in the medical profession, showing them up for their ignorance as to personal and general hygiene and sanitation. My stock term for the people is the "poor-devil laity." Too often they know little and care less about health matters; but progress is being made right along, thanks to health journals.—Charles E. Page, M.D., 120 Tremont St., Boston, Mass.

HEROIC TUBERCULOSIS CURE.

I believe I know the best remedy for consumption, but do not laugh too loud. It is skunk. I was told of a farmer who had a good start in consumption. He caught a couple of skunks, put them in confinement at the rear end of his farm, then went daily to his stinkers for three months, disturbing them so that they throwed, staying there each time about two hours. He is said to have gained perfect health.—A. Ringele, 219 E. 12th St., Los Angeles.

Some people would prefer tuberculosis.—Ed.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

HOW TO LIVE; Irving Fisher, Ph. D., and Eugene Lyman Fisk, M.D.; Funk & Wagnalls Co., publishers, New York; 350 pp.; price \$1.00, net.

The volume contains a foreword and a portrait of ex-president Taft, who states that "through the patient, intelligent, and often heroic work of our army medical men, and the staff of the U. S. Public Health Service, death rates, supposedly fixed, have been cut in half." As I have shown, this is misleading. Lives of weakly children—some of whom might better have died—have been prolonged, while the increase of deaths after middle age from degenerative diseases have largely increased, this being in great measure due to the poisoning of the blood of the people with animal serums by "medical science."

Dr. Fisher is also a believer in germs and serums, and frequently advises his readers on flimsy pretexts to "go to a doctor."

Otherwise, the book contains excellent advice in regard to the care of the body, including air, food, exercise, and general hygiene. There are a number of food tables. The author naturally advocates a low protein dietary, being professor of political economy at Yale University, where Dr. Chittenden made his conclusive tests.

"Simplified and Practical Dietetics;" 9 letter pages, imitation typewriting. Written and published by Drs. R. E. McNamara, Baldwin Park, Los Angeles County, Cal., and Charles C. Froude, 209 Warren Bldg., Kingston, N. Y. Price 25c, less in quantities. The dietetic advice given in this compilation is excellent.

"Your Health" is a monthly published by the Burke Corporation, Sonoma Co., Cal., Albert G. Burns editor; 15c a copy, \$1.50 per year.

The Herald of the Golden Age is greatly in need of funds. Unless it receives help, it may not be able to continue the good work it is doing. Quarterly; 18 pence per year, post free, 3 pence per copy. Circulates in 54 countries and colonies. Sample copy mailed to any address, on receipt of stamp. Address 153 Brompton Road, London, Eng.

BRAIN AND BRAWN has for sale a few copies of "Why Are We Here?" by Ervin A. Rice, reviewed in the October number. It is one of the sanest speculations I have read on the Hereafter. One dollar by mail. I recommend it to thinkers.

Out West Magazine, (Los Angeles) has been sold to Cruse Carriel, formerly of Chicago. It was started over twenty years ago, as the "Land of Sunshine," by the late Charles Dwight Willard, financial backer, Frank Pattee, business manager, and myself, editor. Later, Charles F. Lummis came in as editor. It was ahead of the times, and had a checkered financial career. The office of the magazine is in 502 American Bank Bldg.

The Water We Should Drink

IT is an unquestionable fact that our drinking water should be absolutely pure; however, such water does not exist in nature, the nearest approach to it being rain water.

The only really pure water is distilled water; that is, the water which has been converted into steam, leaving the solid ingredients behind, and reconverted into water in another cooler vessel into which the steam is made to pass.

Every natural water contains more or less vegetable and mineral impurities, bacteria, etc., because of its contact with numerous impurities on its journey from its source, flowing in open streams, through mineralized earth into filthy reservoirs, finally reaching your drinking glass through rusty pipes and oftentimes unsanitary faucets. Such water is extremely dangerous to health, and the taste is very unpleasant to those used to drinking pure, distilled water. Look at the inside of your tea-kettle and ask yourself if it is in line with good healthful living to drink water which is heavily laden with alkali and other injurious minerals.

You say the body needs minerals; true the body does need minerals, but you get them through the food you eat, not through the water you drink. Minerals as found in water are in an inorganic form and cannot be assimilated by the body, but are thrown off as intruders, thereby contributing greatly to stomach diseases, kidney troubles, etc. Minerals in an organic state are plentiful in whole meal bread, vegetables, fruits, etc., the only shape in which they can be utilized by the human body.

Filters are one huge farce and known by those acquainted with their cunning deceitfulness as "germ incubators."

In further support of the statement that distilled water is the only really pure water to drink, your attention is called to extracts from an article which appeared in the *Saturday Evening Post*, page 53, issue of April 3rd, 1915:

"The officers of the American Navy have been pointed out as a remarkably healthful class by Dr. L. L. Von Wedekind, commanding the hospital ship *Solace*; and he has advanced as the explanation the fact that these officers drink distilled water when on sea duty. The health records of the navy show the officers are remarkably free from old-age or premature old-age troubles, such as hardening of the arteries.

"On board navy vessels distilled water is used almost exclusively, and Dr. Von Wedekind's studies have convinced him that this is the explanation.

"If the same amount of pure, distilled water were drank, as there are mineral waters disposed of, infinitely better health would prevail."

Thousands of people in Los Angeles use PURITAS Distilled Water, distilled by the Los Angeles Ice and Cold Storage Company. This water is also recommended by hundreds of physicians.

The Healing Art

Nature, Not the Physician, Cures.—
Hippocrates.

BRAIN AND BRAWN.

This magazine is written more for "laymen" than for healers, although every number contains information and suggestions for them also. The general public will not read a magazine filled up with articles about bran and belly-ache. Therefore, I write on varied topics, "from grave to gay; from lively to severe," so as to sugar coat the hygienic pills that each number contains. This is in the interest of the rational healers, as well as of Mr. the "common people." Every reader who becomes convinced of the errors of the drugging, carving and serum-injecting school of medicine is a prospective patient for some healer who practices natural methods.

I make no distinction between any of the rational methods of healing. Osteopaths, chiropractors, neuropaths, naturopaths, electricians, hydrotherapists, dietists, mental therapists, all look alike to me. All are good, in their way, but no one method alone is sufficient. I teach the Nature Cure, as a whole.

I am performing a great but thankless task in thus educating the people and battling for medical freedom. There will be no medical freedom so long as the demand is confined to a few drugless healers. Legislators will continue to flout them and laugh at them. The demand must come from the people, and before the people will voice that demand they must be taught the truth.

Some rational healers are sufficiently broadminded and intelligent to appreciate this, but I am sorry to say there are not many of them. Most of my encouragement comes from the "common people."

MINERAL SPRINGS.

Why do Americans travel thousands of miles, and spend thousands of dollars, in trips to Europe, to visit mineral springs, when this country abounds in every kind of mineral water found in the old world? Even in California there is every variety somewhere between San Diego and Siskiyou, although not always developed. Perhaps the reason is that the accommodations and care are quite different. In Germany, at leading mineral springs, each patient, after a thorough examination, is given a diet list. He has to rise at an early hour and drink so many glasses

of mineral water. If he doesn't follow the rules exactly, he is politely informed that his presence at the "cure" is not desired. Here, at most of our mineral springs, it is "go as you please." I visited a place in Southern California where fried pork was on the table twice a day. Also, there was a bar, at which cocktails were served before breakfast. Even common cleanliness is not always observed.

Dr. G. P. Gehring, who for eight years has conducted the Radium Springs, in the west end of Los Angeles, a clean and attractive place, has had wide experience at Carlsbad, Nauheim, and other European health resorts. He spent over a year traversing the Pacific Coast, from Mexico to British Columbia, before he purchased this place. It is more than a bathing establishment. Dr. Gehring uses vibration, heat, and other rational methods. He also recommends diet, to those who are intelligent enough to appreciate such advice. His ideas in regard to the care of the body are sane, and he believes in removing the cause, rather than in tinkering with effects. What is lacking to make the place a Mecca for health seekers, is a first-class hotel. There is a good opening for such an establishment in Southern California, visited by so many health seekers, from all parts of the world.

Dr. Gehring has a small particle of radium, for which he paid \$800. He thinks the curative properties of radium, in cancer, are greatly overrated.

THE WASSERMANN TEST.

At a meeting of Eastern physicians, one of them proposed that no man should be allowed to marry until he has submitted to a test for syphilis. This, in spite of the fact that the Wassermann test, used in such cases, is absolutely unreliable, and is now so admitted to be by outspoken medical men, and some medical journals. The California State Journal of Medicine, in its November number, called attention to many discrepancies in this test, and referred to a story of one case, in which the blood of the same person was divided into two portions, the two labeled with different names, and sent to the same laboratory, which issued a report to the effect that one-half of the blood was "negative," and the other "positive." They are now proposing to try out a new test, from Germany, just as "salvarsan" is being substituted for mercury.

Again, in the Journal of the American Medical Association for Septem-

ber 4, Alexander Uhle, M.D., declared that a diagnosis of syphilis is not justifiable from the Wassermann test alone.

And on such a flimsy foundation would the medical fraternity jeopardize the happiness of millions.

"PATHOGEN."

In the October and November numbers I referred to a 600 page book published by Dr. Thomas Powell, of Los Angeles, in which he shows that the so-called "white blood corpuscles" are not living creatures, but on the contrary, waste products of the body. Such a revolutionary theory as this has naturally not been received with acclaim by the medical fraternity, especially as Dr. Powell not only shows this—and proves it—but also denies the cell doctrine, and the wasting of the body, with the consequent necessity for much nitrogen food, to repair waste. This, of course, upsets the whole germ theory, and consequently the serum superstitution, an altogether too profitable business to be lightly abandoned.

Yet there are some medical journals that have begun, tentatively, to nibble around this new medical menu, which they cannot much longer entirely ignore. In Germany, where they are much more liberal in matters pertaining to the care of the body, a noteworthy book of a hundred pages was published in Berlin, several years ago, entitled "Die weisen Blutkoerperchen," in which the author, W. Cremat, pays high tribute to Dr. Powell's book, calls on Germany to investigate and endorse the theory, and offers a prize of a thousand marks to anyone who would disprove the author's teaching, before the first of January, 1914.

Dr. Powell was recently awarded the honor of membership in the Royal Society Club, an organization which includes in its membership many of the most noted names in Great Britain. He has established sanatorium treatment rooms, near the business center of Los Angeles, where he applies, under his own direction, a method he has devised of aiding nature to eliminate from the body, morbid waste matter to which he has given the name of pathogen, this in connection with the adoption of a non-mucus forming diet. Unlike a majority of physicians of the allopathic school, Dr. Powell does not tinker with symptoms, but removes the cause of disease.

VACCINATION.

More than 200 people assembled last night in the lecture room of the First Congregational Church, San Francisco,



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to hear a debate between Assemblyman George Gelder of this city and Dr. Albert Abrams of San Francisco on the resolution "That Compulsory Vaccination is Necessary."

Dr. Abrams affirming the question claimed that vaccination was a great boon and blessing, and quoted many statistics to support his contention. Gelder, opposing him, claimed that more deaths and diseases such as cancer, tuberculosis, etc., had resulted directly or indirectly from vaccination, than there were deaths from smallpox. Also that sanitation has stamped out smallpox, and not vaccination. He laid great stress on the right of the individual to follow the advice of his physician who advised against vaccination.

At the end of the debate a vote was taken which showed that 17 of those voting were for compulsory vaccination and 121 were opposed.—Berkeley (Cal.) Gazette, Nov. 13.

NATUROPATHIC MEETING.

The monthly meeting of the Association of Naturopathic Physicians of California was held in Los Angeles on November 9. This was also a postponed annual meeting, and election of officers was in order.

A resolution was adopted that the Association should take in all drugless healers of good character, they not to have a vote.

Following officers were elected:

President, Carl Schultz; Secretary, Margaret Goettler; Treasurer, Henry Gross; First Vice-president, Paul Bauer; Second V.-P., A. O. Lindstrom, San Francisco; Third V.-P., F. W. Binford, Riverside; Fourth V.-P., J. F. Balzer, Pasadena; Fifth V.-P., H. D. Reynard, Oakland.

Dr. Schultz announced that a post-graduate training school for physicians would open at his place about January 1. At the end of the year, those who graduate will receive diplomas.

NEUROPATHY.

Dr. A.-P. Davis, of the Davis College of Neuropathy, has issued a folder, in which he shows that he is the "Father of Neuropathy," having chartered a college in the State of California, and was teaching Neuropathy, in Los Angeles, in 1906.

CHIROPRACTIC.

A correspondent asks the editor of "Good Health," "What is your opinion of chiropractic treatment for nervous prostration, or neurasthenia, where the

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patient is extremely weak, especially in the stomach?" To this the editor replies:

"We cannot recommend this method. It often does injury. You should consult a nerve specialist."

I wonder how much the editor of "Good Health" knows about chiropractic. As to "nerve specialists," a chiropractor should be the greatest of all nerve specialists, because his work consists of freeing the nerves at their origin, where they start from the spinal column. "Nerve specialists" only tinker with effects.

It is true that, in unskilled hands, chiropractic may sometimes do harm, but not one thousandth part of the harm done by surgery.

WHOLESALE BLOOD POISONING.

Following an inoculation against typhoid fever, two students of Delaware College fell ill with typical cases of the disease.

One of the evil results of this war is the wholesale poisoning of the blood of millions of soldiers with animal filth, in the pretense that in this way they may become immune to disease. Of course this is false. Any falling off in epidemic diseases is simply due to greater cleanliness, just as cleanliness has almost banished the Black Plague, cholera, and typhus.

A Canadian soldier at the front recently wrote to the Chiropractor that injections of typhoid serum had caused much serious illness among the soldiers.

SERUMS.

The California State Board of Health has issued a warning against a Santa Barbara man, who has been selling a medicine labeled "Fluid Extract Serum," for the treatment of diseases of the skin, kidneys, stomach, heart and nervous system. The serum was found to consist of fluid extract of sassafras, sarsaparilla, cascara sagrada, and potassium bromide.

Well, that isn't so dangerous as the filthy animal serums used by the "regulars," and is not so much of a jumble as the latest wonderful vegetable serum, recommended by them as a cure for cancer.

DIABETES.

A "cure" for diabetes described in the press as "one of the world's greatest medical discoveries," is announced by the Rockefeller Foundation of Medical Research. The basis of the remedy

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A REGULAR MEDICAL COURSE.

One of the best known M.Ds. of America, in a letter to me, wrote:

"I really think it is a pity you did not take a regular medical course, as you seem to have a very decided medical instinct."

In my reply, I said:

"I have no desire whatever, to take a 'regular medical course.' The past thirty years of my study of the care of the body have been mainly devoted to brushing away from my mind the medical errors I had absorbed from reading during the previous twenty years. I have no desire to burden my brain with more medical errors, that I should have to learn to forget; as, for instance, the statement by Voit that five ounces of protein are necessary daily, a statement you still see repeated parrot-like, in 'regular' medical works on diet, although before he died, Voit, himself, recanted, and said that an ounce and a half was enough.

"I regard the mass of medical misinformation put forth by ever-changing 'authorities,' as so much cobwebs, to be swept away before one can obtain a clear conception of the workings of nature. Members of the drugging, carving and serum-injecting school really do not know what disease is, because they rarely see it uncomplicated by poisonous drugs, or foods that become a poison in a sick stomach."

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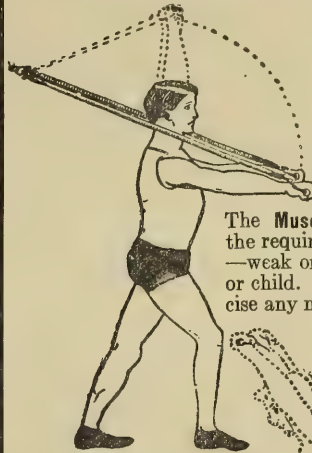
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BIRDLAND.

I have known L. M. Grider, in Los Angeles, for twenty-five years. For many years he was a successful subdivider of real estate. All who bought lots in his tracts have profited by it. He is now engaged in a unique and interesting business, which he calls "Birdland," selling birds of all kinds, gold fish, dogs, and other livestock. Drop in at his shop in the Mercantile Place, when you are passing, or at his home place, at Pico and Central Avenue.

HOME EXERCISER.

A few weeks ago a bad boy from the neighborhood, visiting my granddaughter, made a swing of my wall exerciser, and stretched it so that the elasticity of the steel spring was gone, just as the elasticity of the sinews of my knee was interfered with, by three months in bed, with a twenty-pound weight on my leg. I have used this simple wall exerciser for years, and would not be without it. It is a convenient way of taking exercise, and is remarkably cheap.

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Benjamin, the rupture specialist, could publish a great many testimonials, if he were inclined to do so. I, myself, know of several people who have been cured by his rational treatment.

SANTA FE ROUTE.

The Santa Fe, like other transcontinental lines, has been doing a rattling business, during the past year. I have yet to hear of a complaint of discourteous treatment from any passenger on this line. The employees seem to be trained to politeness, which is a fine thing for passengers.

HEALTH FOODS.

Van Houten, at his Health Food Store on Hill Street, is having quite a run on his "Vitality" and "Back to Nature" foods, of which he makes a specialty. One is composed mainly of grain, the other of fruits, so they supplement each other. I know they are good foods, because I have used them myself.

PURE WATER.

Thomas Wilkinson, swimming teacher at the Bimini Baths, Los Angeles, informs me that the swimming pools at Bimini are filled daily from the hot spring. The pools are scrubbed every night. There has not been one authentic case of a person getting a contagious disorder from Bimini water. For the past five and a half years, Mr. Wilkinson has spent hours daily, in Bimini water, without an hour's illness, or a day's vacation. During forty-one years' experience, he declares that he has never seen any baths where sanitary conditions are so perfect. The bath house is now undergoing a thorough renovation.

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Give the cells a drink by soaking a spoonful of red ripe honey in water at a temperature of 60 degrees until it ferments. Drink a glassful of cool water followed by half a glass of the ferment. Drink it at the time that the first sense of illness is felt. The acid causes water to decompose so that its heat elements can be obtained by the different organs of the body.

Different degrees of heat produce different colors. The heart requires red. The liver orange. The kidneys yellow. The stomach green. The nerves blue. The brain indigo and the lungs violet. Red ripe honey produces the red. After the red is obtained all of the other colors are produced from it.

Sixty degrees is the only temperature that decomposes water. Every other temperature causes putrefaction. Decomposition separates water into molecules. Molecules reorganize. Putrefaction separates water into atoms and atoms join all of the colors which produce white. White produces gas which relaxes the mental force. Mental depression is felt about 8 hours before other forms of relaxation set in. At the time that mental depression is felt is the time to drink the water and acid.

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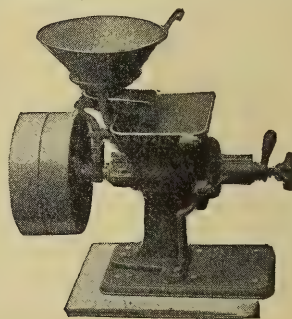
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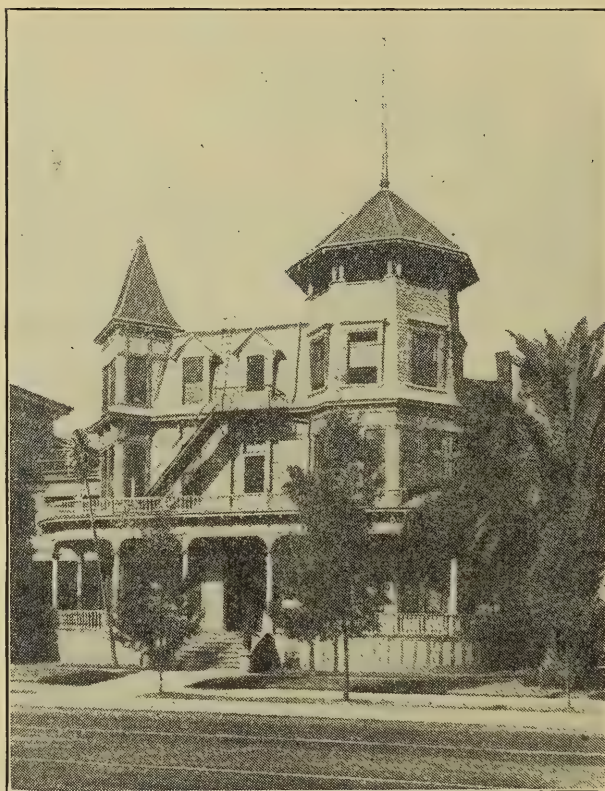
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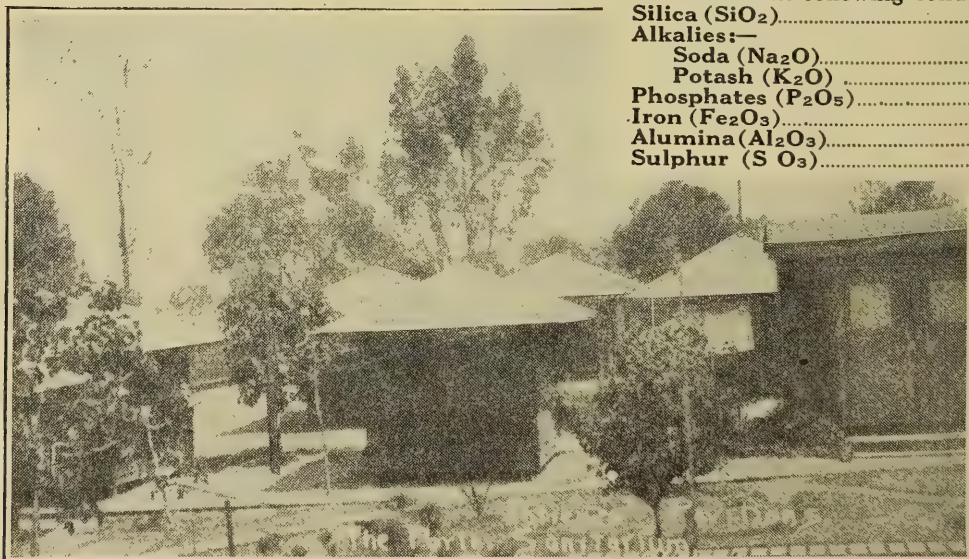
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JANUARY, 1916

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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Back Numbers of Brain and Brawn

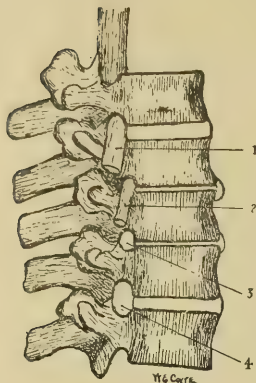
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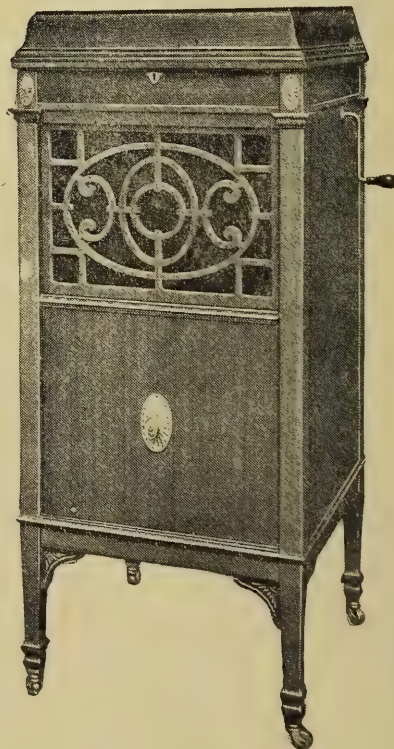
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Vol. IV

LOS ANGELES, JANUARY, 1916

No. 8

"Medical Research"

J REPRINT following from the "Women's Clubs" column of a Los Angeles daily newspaper:

At the Friday Morning Club today will be given one of the most important programs of the season, and one likely to arouse tremendous interest throughout the State. The day will see the launching and opening of a campaign for the promotion of public health, which has been undertaken in response to the nation-wide feeling upon the subject, by a number of distinguished and prominent men and women of the North and the South. . . .

Working quietly and with absolutely no publicity, this being the first announcement yet made of the matter, the organizers have brought to maturity a strong and efficient corps of officers and directors, each fully aware of the importance of the work in hand and each determined to do his part in promoting and fostering health in the individual and in the mass. . . .

The objects of the organization are: The advancement of research for the prevention of human suffering and disease; the advance of research for the prevention of animal suffering and disease, and the dissemination of the facts as to experiments on animals. . . .

The society consists of an honorary president and about twenty-five honorary vice-presidents, who are prominent public-spirited men and women who share the objects of the society; also a board of directors of like membership and an executive committee of ten.

Upon that committee having an intimate knowledge of scientific matters will devolve the responsibility of conducting the chief work of the society. There is to be shortly appointed an executive secretary, who will give his entire time to the dissemination of educational literature at brief intervals dealing with such subjects as will demonstrate to the public the importance of having a high standard of education for those who undertake the prevention and treatment of disease.

"Working quietly and with absolutely no publicity." That tells the story. It is another step in the persistent move of the leaders of the drugging, carving and serum injecting school of medicine—the American Medical Association—to delude and misinform a credulous public, and give this medical clique supreme power over the lives and well being of the people. The honorable, high-minded men and women, who have been induced to lend their names to the movement, are being hoodwinked. They do not understand. I shall endeavor to aid in the "dissemination of the facts as to experiments on animals."

"Medical research" has been substituted for "vivisection" for that does not sound well. Many of the honorary members of this board would not over-drive a horse, or ill-treat a pet dog, yet they lend their names to the movement, because they have been persuaded to believe that it tends to the amelioration of human suffering, whereas laboratory experiments on animals mainly prolong medical errors. The action and reaction of an animal, under awful torture, are no guide to the manifestations of a human being, in health or disease. Even the anatomy of an animal is different. For instance, the appendix of a dog is quite differently formed from that of a man.

Even were it true that human suffering might be alleviated by the excruciating torture, not of "a few guinea pigs," but of hundreds of thousands of dogs and other animals, humanitarians would justly question the right of man to do this, in the name of "science."

"Surely a man should scorn

To owe his weal to others' death and pain."

The question has thus been pertinently put by Mona Caird:

"Are there special natural laws in favor of the physiologist, that he alone should be held justified in pursuing legitimate ends by illegitimate means? Suppose Art was also to set up a claim to follow her vocation by torture; suppose Religion reasserted her ancient privilege of enforcing her teaching by fire and the sword! If one profession or calling may do evil that good may come, why may not all follow this Jesuit's creed? Science herself accuses the vivisector of blasphemy against its own god."

Many of these experiments are made merely to gratify curiosity, or degeneracy. Systematic torture of animals inevitably leads to blunting of the feelings of the operator, until finally he comes to delight in cruelty. A French medical student recently told how he and his fellows were amused, when they seared the pneumogastric nerve of rabbits with a red hot iron, until the suffering animals "cried like children." Is it any wonder that such a practice occasionally produces a fiend like Durrant, the San Francisco medical student? Yet, this horrible practice has been introduced in high schools, where pupils are encouraged to make their bungling experiments, always in the name of "science." Even the osteopaths are taking up "medical research."

Beginning to realize that this torture of animals is futile, vivisectors are now demanding the right to experiment on human beings. A few years ago there was published a story entitled "The Strange Case of Dr. Bruno," by Dr. F. E. Daniel, of the Texas Medical Journal. In it he asserted that the employment of condemned criminals for "scientific research" should be permitted and adopted. Commenting upon this, a medical man, writing in the Medical Journal, remarked: "This is by no means a new idea, but it is here unusually well supported." The idea is spreading.

The desire sometimes displayed by the medical fraternity for the establishment of free hospitals is not always due to purely benevolent motives. More often it is based upon the wish to secure more "material" for experimental purposes—to try an operation or a new serum. Nor are high class "pay" hospitals free from the practice.

Last year, through the efforts of the California Anti-Vivisection Society, a bill was introduced in the State Legislature, not to abolish vivisection, but to give the right of entry by humane officers to places where experiments are performed on living animals, and to prohibit vivisection in the public schools. It was carried by a vote of 30 to 1 in the Senate, and 47 to 3 in the Assembly. The measure was fought by the united strength of the American Medical Trust, from every State in the Union. The Rockefeller Institute, of New York, in addition to its telegrams, sent a personal representative to fight the measure. Finally, I am ashamed to say, Governor Johnson vetoed the bill, after the Attorney-General had pronounced it unconstitutional, notwithstanding the fact that the amended bill had been drawn up in his office, and pronounced legal and constitutional, before being submitted to the Legislature.

I should add that only a small percentage of physicians are vivisectionists, while a great many disapprove of such laboratory practice. In order that my readers may not think I am prejudiced, I append a few from among hundreds of expressions on the subject:

S. Mills Fowler, M.D., Dunham Medical College, Chicago: "I am utterly opposed to the practice of vivisection. The brutality manifest in its employment is a disgrace to our civilization. It disgraces not only those who employ it, but also those who witness it. It should receive the unqualified condemnation of every civilized person."

George M. Gould, M.D., Editor "American Medicine": "If a very limited use of vivisection experiment is necessary for scientific and medical progress, it should be regulated by law. . . . The practice carried on by conceited jackanapes to prove over and over again already ascertained results, to minister to egotism, for didactic purposes—these are not necessary and must be forbidden."

James H. Payne, M.D., Boston: "I am wholly opposed to vivisection. It is useless, wicked, cruel, barbarous, and infamous. It fills the mind with false and brutal ideas. No good ever came from it and never will. It demoralizes the sensibilities and unfits one for the demonstration of real scientific truth."

H. Edwin Lewis, M.D., New York City: "The worship of the laboratory fetish has caused us to sadly neglect clinical and bedside observation, and the glamour and fascination of surgery have blinded us to the possibilities of hygiene, diet, and intelligent medication."

Matthew Woods, M.D., Philadelphia: "The medical profession is not made up of vivisectors; but on the contrary, men who could no more do a vivisection than they could commit arson, murder, or any other inhuman violation of moral law."

On another page I reproduce statements recorded by vivisectors themselves, in their own writings. You will hate to read them, as I hate to print them, but the truth in regard to this revolting practice must be established.

It should not be understood that all vivisectors go to these cruel extremes. Far from it. Yet, this is the natural trend of the practice, as it gradually affects those who are lacking in kindness and gentleness and consideration for the feelings of others. I know good kind-hearted men who, unthinkingly, perform painful experiments on conscious animals, just as I know good kind-hearted men who, unthinkingly, in the name of "sport," leave wounded animals to crawl away and die, in the protracted agony of fever and thirst. And I know good kind-hearted women who, unthinkingly, wear furs, won from animals caught by causing them to lick a sharp knife, that freezes the tongue to it, and holds them captive for days, before a merciful blow puts an end to their sufferings.

It is all wrong. It is mostly due, not to innate cruelty, but to the fact that men and women do not think.

And if such things are done by those who are good and kind hearted, what may we expect, when opportunities are given to those who are naturally bad and brutal, although their brutality may be hidden by a veneer of civilization. Therefore, if vivisection cannot at present be done away with, let us at least demand that it be strictly regulated, so that the sufferings of miserable animals be reduced to a minimum.

First Catch Your Hare

THIS story came, not from Germany, but from France, although it may have originated in the former country. It relates to a frank and free division of the United States among the European powers. It was sent, anonymously, to the Havas Agency, the principal French news bureau. As the Literary Digest suggests, it places the United States in the position of the missionary, who commiserated with his new cannibal flock over their starved and gaunt appearance. Into the pot goes the missionary.

The anonymous writer quoted a "noted diplomat" as expressing surprise that this idea of the partition of the United States had not emerged sooner, "because the land is so largely made up of the constituency of all the warring powers." Here is the asserted plan, as re-published in the Literary Digest, from the New York Times:

The tentative plan to satisfy thus the national ambitions of the European countries at war, instead of prolonging the internecine struggle, is broadly outlined as follows:

Great Britain is to occupy New England, Maryland, Virginia, North and South Carolina, Georgia and Florida.

France is to get the French parts of eastern Canada and the States of Louisiana, Mississippi, Alabama, Arkansas, Tennessee and Kentucky.

Germany is to occupy the States of New York, Pennsylvania, Ohio, Indiana, Michigan, Illinois, Missouri, Iowa, Wisconsin and Minnesota.

Japan is to take the Pacific Coast, the State of Oregon, upper and Lower California.

Mexico is to be compensated for Lower California by ceding to it Arizona, New Mexico, and part of Texas.

Russia will receive Alaska.

The Panama Canal will be declared free, while the Western States, North and South Dakota, Nebraska, Kansas, Oklahoma, Washington, Montana, Wyoming, Idaho, Utah, and Colorado will be consolidated into an Imperial crown-domain of the German Empire.

We may regard this as a wild pipe dream, yet we should remember that the condition of the governments of the warring nations is becoming desperate. They will soon be between the devil of defeat from without and revolution within. When the people awake to realize how they have been deceived, and have sacrificed themselves for naught, they will turn upon their deceivers and rend them. It is an old trick of autocratic governments to distract the attention of their unruly subjects by fomenting foreign war.

However, to plan such a scheme, and to carry it out, are two quite different things. In the first place, the people of Europe are "fed up" with carnage; in the second place, the warring nations are nearly bankrupt; and last, but by no means least, Uncle Sam would be doing something, before he submitted to this major surgical operation, in which doing he would be heartily assisted by a great majority of the "constituency of the warring powers," otherwise known as our "hyphenated Americans." "First catch your hare, before you cook him" is an approved old adage.

Can it be that this is another attempt of American munition companies and their stockholders to encourage a demand for "preparedness?"

Civilization is the biggest lie that has ever been told in one word.
—Max Nordau.

Two Meals a Day

TO hear people talk, you would think it is something remarkable to eat only two meals a day. Two thousand years ago, a Roman writer chided some of his countrymen for eating to repletion twice a day. What would he have thought, could he have seen eating on the "American plan"?

Twice a day is as often as any person ought to eat, and one of those meals should be light. Some get along with one meal a day, but unless the digestion is quite strong, this makes rather a long wait between meals. As to which meal should be dropped, that depends on circumstances. Dr. Dewey has shown, convincingly, why the breakfast should be omitted. I and my family, and hundreds of my readers have found great benefit in dispensing with breakfast. The main point is that two meals a day are enough. The time of eating the first meal depends, of course, on the time of rising. If you rise at eight, you should not eat until noon. If you rise at five, you may eat at nine.

Some think that when you eat only two meals you eat more at each meal than you would when you eat three. Experience shows that this is not true. Eating, after all, like drinking or smoking, is greatly a matter of habit. Some who are little better than walking skeletons are always munching. It is not what you eat, but what you digest, that makes flesh and blood. If you eat too often you cannot properly digest your food.

Try the two meal plan, if you have not already adopted it. Give it a fair trial—say for three months. Oh yes, you will, of course, feel a little faint at first, without the stimulus of the unnecessary early breakfast. If you were in the habit of drinking three bottles of beer a day, and should reduce the amount to two bottles, you would also feel a little weak at first. That, however, would not prove that three bottles of beer a day are necessary.

If you are not satisfied with a glass of cool water, to which may be added a little fruit juice, take a cup of cereal coffee, or real coffee, or weak black tea, if you use those stimulants, omitting sugar. Or better still, eat an orange, or a little of any other fresh fruit in season. Even then, except for the water, it is better to wait until you have been out of bed at least an hour.

The Open Fire

WOULD our Revolutionary fathers have gone barefooted and bleeding over snows to defend air-tight stoves and cooking ranges? I trow not. It was the memory of the great open kitchen fire, with its backlog and fire stick of cordwood, its roaring, hilarious voice of invitation, its dancing tongues of flame, that called to them through the snows of that dreadful winter to keep up their courage, that made their hearts warm and bright with a thousand reflected memories.—Harriet Beecher Stowe.

There is no substitute for thorough-going, ardent and sincere earnestness.—Dickens.

California Dates

IN eastern Asia and northern Africa the date is not a luxury, but an important article of food. The date is peculiar among fruits, in that it contains a considerable percentage of cane sugar. However, dates and sugar cane, and sugar beets are quite different from concentrated, refined cane sugar. They are wholesome, whereas the latter is not.

Many only know dates in the shape of masses of dark, pressed, unappetizing-looking dried fruit. In England, when I was a boy, we bought light golden dates on the stem, in clusters, like cluster raisins. I have not found them here, but at first-class groceries you may buy "individual" dates.

The packing of dates and figs in the Orient is not a cleanly or appetizing process. Therefore, it is pleasing to learn that, since the Colorado desert was transformed into the Imperial Valley, date culture has been added to the horticultural industries of the State. It is estimated that half a million acres are adapted to date culture, but as in the case of orange culture, only a portion of this has the ideal soil and climate, to bring the best varieties to perfection. So far, the area planted to dates in California amounts to only a few hundred acres, of which not more than ten per cent. are in full bearing—eight years or more from planting.

Dates are irregular in bearing. One year a tree may yield five hundred pounds, and the next year nothing. They are planted about eighty to the acre.

W. H. Holabird, receiver of the California Development Company of the Imperial Valley, informs me that the Heber date orchard asks from thirty cents to seventy-five cents per pound. This, of course, is a fancy price, and must come down, as the production increases. When I bought a tract in the Central California Colony, at Fresno, in 1876, raisin grapes were selling at about ten cents a pound, in the field, and fortunes were predicted from raisin grape culture. Since then, there have been seasons where they have fed raisins to hogs and horses. However, the area adapted to raisins is much larger than that on which dates can be grown.

Dates require careful attention at blooming time, that the pollenizing may be properly accomplished. Without artificial pollenization the dates are inferior in size, flavor and yield, and it also affects the ripening process. One serious trouble in the Imperial Valley is the irregularity of this ripening process, no considerable quantity ripening at any one time, so that the stems must be picked over day after day, selecting the ripe fruit.

In Arizona, dates have also been grown on a small commercial scale. There is a large area in that State adapted to date culture.

When dates reach a price at which the common people can afford to consume them, as a regular food, instead of an occasional luxury, date culture will be one of the most important of California's horticultural industries.

Better a dinner of herbs where love is, than a stalled ox and hatred therewith.—Solomon.

Health Boards and Dairies

CALIFORNIA dairymen have been notified that, under a new law, they must submit their cows to the tuberculin test, or pasteurize the milk. The tuberculin test, for tuberculosis in cows, is no more reliable than the Wassermann test, for syphilis in human beings. By the way, Koch, one of the greatest medical authorities, declared that tuberculosis cannot be transmitted from bovines to humans. However, I would not feed my child milk from a tuberculous cow. A large proportion of cows are tuberculous. Human beings would become so, if fed and lodged as most cows are. Goat's milk is much safer than cow's milk, and should be more generally used.

Pasteurizing does not kill germs, or remove filth. It does, however, make milk unwholesome. To a less degree than sterilizing, it de-organizes the organic salts, making a starvation food, so that infants, fed exclusively on pasteurized milk, while they look fat and flabby, develop constipation, rickets, and finally the disease pasteurizing is supposed to avert—tuberculosis.

There is no advantage in pasteurizing that could not better be accomplished by sanitation. Pasteurizing helps careless, uncleanly dairymen, permitting them to sell milk that is not fit to drink. It is an imposition on the public.

A contemporary asks: "Why are boards of health allowed to interfere with the public health in this injurious fashion?" Well, there are several reasons. One is that it gives health officers easy routine jobs, at remunerative salaries. Also, it helps those who make and sell pasteurizing equipment.

Movie Massacres

THE "movies" have opened a new and lucrative occupation for the venturesome. Men are nowadays hired, as substitutes for stars, in daring acts, involving bruises and broken limbs. This suggests that they might go still farther, and offer a chance, to those weary of life, to make suicide profitable, by being killed for pay, the money to be turned over to survivors, or used for a first-class funeral. Judging from present indications, such an exhibition would draw immense crowds of morbid spectators.

Twenty centuries ago Christians were "martyred to make a Roman holiday." My suggestion would be an improvement on that custom, as the martyrdom would be voluntary, and paid for. In China, a criminal condemned to death can always buy, for a moderate sum, a substitute. Human life is getting to be as cheap here as in China. So why not "movie massacres" as a further development of that wonderful industry?

What is wrong is that there are no really unselfish people! One person may seem to be unselfish, but when you come to know him, or her, sufficiently well, the illusion is destroyed. Behind the seemingly altruistic act you find the egotistic motive. So all the great schemes for reformation come to nothing.—F. E. Worland.

A Citizen Army

AS I said last month, I do not believe in compulsory military training in schools, or in a large standing army of professional soldiers. These are steps toward militarism. Also, a large standing army is a great, and as I believe, an unnecessary expense. I believe in compulsory physical culture in schools. I believe in coast fortifications, with plenty of big guns, including mobile guns as used by the Germans, and plenty of trained artillerymen to serve them. Also, in submarine boats and airships, and a reasonable number of battleships. And I endorse fully my friend George H. Maxwell's plan, for a large body of men, occupied usefully and profitably in agriculture and forestry, and ready to answer their country's call for home defense, in time of need. Last but not least, I believe in the manufacture of all armaments and munitions by the government, thus removing a prolific cause of clamor for "preparedness" and war.

I have made following digest of an article in the National Geographical Magazine for November, on the model citizen army of Switzerland, a country in which I passed four of the happiest years of my life:

There is nothing in Switzerland corresponding to a regular army. There is no military profession. Yet, there is not one able bodied citizen who has not had some military training. With a population smaller than that of Massachusetts, Switzerland can mobilize 240,000 men in twenty-four hours, with a reserve of the same number. No army in the world costs so little per man, as the Swiss.

At ten years of age, the Swiss boy is put into the gymnastic class. At seventeen he is liable to service, a liability which continues until he is fifty, after which he may be liable for other army work. The only professional soldiers in Switzerland are the Commander-in-Chief and the General Staff, the former receiving ten dollars a day.

In the Swiss army, the capitalist and the peasant stand side by side. At twenty every able bodied Swiss becomes a member of the "Auszug." During the first year he must serve seventy-five days, and eleven days for each successive year. At thirty-two he passes into the "Landwehr," or First Reserve, where he remains until he is forty-four, giving annually nine days of service. Then he goes into the "Landsturm," or Second Reserve, until he is fifty, and even beyond that, if national necessity calls him.

Certain men, in necessary employments, as railway and hospital officials, reach exemption early. Preachers, doctors, prison officials, postal and telegraph officials, are exempt, but those who stay at home have to pay a special military poll tax, military property tax, and military income tax. The assessments are rigorously made, and every penny is exacted.

There is no favoritism in the Swiss army. It is the most democratic army in the world. There are no officers but those who have served as privates. No officer rises to a higher rank than colonel, for there is only one general, and he is the Commander-in-Chief.

The process of training the Swiss militia is exactly the reverse, both in theory and fact, of the process of handling the American militia. The Swiss seek the fields in their training, while in our militia service the recruit's first enthusiasms are, as a prominent American

officer has observed, dissipated in the grind of barrack-yard drill, where no man need to, and no man is expected to, use his head.

The daily life of the Swiss citizen inures him to hardship and fatigue; the high educational standards of his country give him perhaps a higher average of intelligence than any rank and file in Europe; generations of battling with the mountains have made him ingenious and resourceful, and he combines the dash of the Frenchman with the stolid courage of the Briton. If, to these qualities, you add the fact that as a marcher he is tireless, as a marksman he is without a peer, all that is left for the severest military critic to desire are the few tricks of the parade ground, which any drill sergeant readily can teach him.

The Swiss government does everything in its power to stimulate interest in marksmanship. Every commune in Switzerland is required, by federal law, to maintain, at public expense, a target range, free to all organized shooting clubs. Any shooting club complying with the law may claim a state subsidy. Every Swiss soldier is compelled to fire at least thirty-five rounds annually.

While the Swiss soldier gets nothing for his services, on the other hand, he is absolved from all expenses. When going to drill, his uniform is a railroad pass, and while he acts as a soldier, he need not put his hand in his pocket, to draw out money for any necessary expenses. He is entitled to no pension, but if, in the course of his military duty, he has become incapacitated, the state will give such assistance as may be reasonable; also, to his widow and family, should he be killed in the course of duty. In war times, or during manœuvres, every citizen is expected to provide food and lodging for such soldiers as his dwelling and means permit him to shelter.

Though surrounded on all sides by belligerent millions, whose interests might be served by asking her to step out of their path, Switzerland today stands an island of peace in a sea of war, because she has been prepared to maintain her neutrality and her freedom, or at least to exact such a price for them that none of the nations at war can afford to pay for their violation.

The American Woman

THE American woman is an artist in mental jiu-jitsu. She has learned to win, through an appearance of yielding. When her husband becomes flickeringly dominant, she smothers him with softness, and gags him with punk. She changes her mind as she will. That is pure volition, or initiative. He changes his mind as he must. That is pure consistency, or servility. She has donned the mental pantaloons. He gave them to her. She holds him in secret and pitying contempt. He deserves it.—Ralph Wylie.

God once gave a reception to the Graces, all of whom seemed to be acquainted with one another, with the exception of two. Observing which circumstance, their Host brought them together and said: "Benevolence, allow me to introduce Gratitude."—Tolstoy.

Some people think they have experienced religion when they have only had a bilious attack.—Bishop Vincent.

National Humor

THERE is national humor, as well as national honor. In one of his New York letters to the Los Angeles Times, Harry Carr, returned from a personally conducted trip through the German war zone, wrote: "There isn't a spark of real humor in the whole German nation, their excellent comic papers notwithstanding."

This is an altogether too sweeping assertion. A nation that has produced Heinrich Heine and Fritz Reuter cannot be quite lacking in a sense of humor. Indeed, judging from "Punch" and "Fliegende Blaetter," two publications I have read for fifty years, German humor—or at least South German humor—is more sprightly than that of Britain. However, from the Paris "comics" one might also conclude that French humor is based on breaches of the Seventh Commandment, which would be erroneous, for Paris is not France, although many foreigners think it is.

Each nation has its own idea of humor. From the English or American viewpoint, the Germans, in their worship of Efficiency, are inclined to take themselves too seriously. This is illustrated in the war. To the British, war is a kind of sport, like polo, or pig sticking, to the Germans it is a science. Writing in the Illustrated London News, of recruiting, G. R. Chesterton remarks: "Men will only accept such tragedy if they may treat it as comedy." French family letters from the front breathe the spirit of patriotism, German letters abound in pathos, English soldiers and officers are more likely to complain about their jam. The English soldiers do not hate the Germans, any more than they hate the partridges and rabbits in a stubble field, or their opponents in a football game. That is, when they play fair.

In the German trenches, after a bombardment, a soldier, with a fine tenor voice, stood up in full view of the English, only a few yards away, and sang the "Song of Hate." As he sang, his whole body quivered with emotion, and his comrades joined in a swelling chorus. The English soldiers listened with rapt attention, and when he had finished, to the astonishment of the Germans, gave him a rousing encore. One of the Tommies said: "Bli' me, wouldn't 'e make a 'it in a music 'all?" and asked a comrade to pick out the tune on a mouth harmonica, which he did. Thereupon, set to English words, the men adopted it as the popular song of the month, in place of "Tipperary" and "John Brown's Body," roaring out the chorus: "'Ow I 'ate; 'ow I 'ate; 'ow I 'ate H'ENGLAND!"

You could not imagine German soldiers doing this, but you might easily conceive of American troopers acting in a similar way. In Cuba, the "doughboys" did not sing the "Star Spangled Banner," but "A Hot Time in the Old Town."

As to American humor, a foreigner, who confined his investigations to comic supplements and the vaudeville stage, might conclude that it consisted entirely in hitting a man on the head, punching him in the abdomen, tripping him up, or otherwise inflicting upon a human being pain and humiliation. Of course, the observing foreigner would be wrong in drawing so broad a conclusion, for such silly manifestations of juvenility do not interest those who think, and it takes thought to create or appreciate humor that rises above buffoonery. Unfortunately, only a small minority think. The others only think they think.

Underwear

NINE doctors out of ten—perhaps it would be safer to say ninety-nine out of a hundred—recommend woolen underwear. Why do they do this? For the same reason that they give other foolish advice—because they have been taught that way, and have never investigated the subject for themselves.

Wool is the most unwholesome material that you can choose for underwear. Yet, even in a hot country, like Arizona, you find men wearing woolen underwear. Wool wearing and the eating of meat, white bread, potatoes, the drinking of coffee and whisky, and the smoking of tobacco, usually go together—also rheumatism, catarrh, consumption and Bright's disease.

Wool is a filthy material. It was dirty and stinking when it was thrown off by the sheep, and it is never really clean after it has once been worn. It interferes with skin action. It prevents evaporation, after the secretions have been thrown on the surface of the body. A healthy skin is dry and warm, not damp and cold, as it becomes on those who wear filthy woolen under garments.

The ideal material for underwear is linen, preferably in the form of mesh. Linen has great absorbent power, facilitates perspiration, ventilates the surface of the body, and is cool in summer and warm in winter. Those who have been wearing woolen underwear, and have been suffering from hives, eczema, and similar skin diseases, will find these ailments disappear in a few weeks, on substituting linen mesh underwear. Even at the North Pole you would find yourself much warmer and more comfortable in a suit of linen underwear than with two suits of thick woolen garments. Here is an extract from a recently published book by George Borup, entitled "A Tenderfoot with Peary":

"The general prevailing idea that underneath our furs we had several tons of woolen garments is as correct as most popular ideas on the Arctic. We wore very little wool; what we had was not to keep us warm but to prevent friction. The more woolen stuff you have on the colder you get."

If you cannot afford linen, use cotton mesh, but avoid woolen undergarments as you would avoid a plague.

Solution of the Mexican Trouble

THE Mexican revolutionists have no animosity toward the persons whose property and lives they destroy. They are simply trying to advertise themselves—trying to impress their importance on the general public. For America to try to intervene would mean a bloody butchery, before the 15,000,000 Mexicans could be subdued. As a people, they are cynically, stoically indifferent to death, brave to the point of being foolhardy, and proud and hot-tempered. They have no sympathy with Anglo-Saxon ideas.

The solution of the Mexican problem lies in educating them along American lines.—Bishop McConnell.

In 1899 Dawson City, Alaska, had a population of 25,000. Now it has less than 2,000.

Chambers of Horror

THESE are experiments recorded by vivisectors in their own writings:

Living dogs, which had been dissected, mangled, maimed and mutilated, have been left, in the throes of agony, muzzled, gagged, pinioned and bound down upon troughs and vivisection tables, through the night, and sometimes from Saturday until Monday, while the vivisectors who had inflicted these injuries upon their helpless victims retired to the comfort of their homes, hoping to find their suffering victims still alive, on their return to the vivisection laboratory on the following day, so that they might have an opportunity to continue the agony of their helpless victims.

Living dogs and other animals have been placed by vivisectors in hot ovens, and confined therein under a gradually rising temperature until the animals were baked to death and roasted to a crisp by the high temperature of their iron prison. Thousands of animals have been subjected to temperatures so far below zero that their flesh and blood were frozen to the consistency of hard wood. Vivisectors have on numerous occasions starved dogs to death without allowing them a drop of water to quench their thirst during their death agonies. Another vivisection experiment consists of saturating the fur and skin of a living dog, cat or rabbit with petroleum or other inflammable oil and then setting fire to the living animal and watching him burn to a crisp. Other experiments which have been recorded consist of pouring boiling oil into the ears of living dogs, gouging the quivering sensitive eyeballs of the suffering creatures from their sockets, driving red-hot spikes and nails through the skulls of living dogs until those hot instruments of torture have penetrated the agonized dog's brains; trephining holes in the skulls of living dogs, then passing needles through the openings thus made into the sensitive living brain-substance, attaching to the needles the electrodes of a powerful galvanic battery and transmitting strong electric currents into the animal's brains.

Of other cruel experiments which have been repeatedly perpetrated upon living animals by vivisectors, the following may here be mentioned: Cutting both kidneys out of a living dog and watching for days, and sometimes weeks, the resulting blood-poisoning and slow painful death of the mutilated brute; instilling strong corrosive acids into the eyes of living dogs and watching the contortions of the animals during the time that their eyeballs are being eaten out of their sockets by the action of the acids; applying electric currents to the exposed hearts of living dogs while they are strapped down on troughs and in full possession of their feeling; poisoning dogs and watching their death-agonies for hours; hoisting living dogs to the ceiling of a laboratory and causing them to suddenly drop upon iron bars below, in such manner as to dislocate their dorsal vertebrae, break their necks and induce concussion of the spinal marrow, leaving the animals to suffer and linger for days and sometimes even weeks in their agony before merciful death comes to their relief.

Vivisectors have plunged a knife into a living dog's thigh, exposing the large sciatic nerve, the most sensitive in his body, and then

attached a cord to the exposed nerve and directed students to jerk on the cord, causing the helpless animal to writhe in convulsions at each jerk of the cord. Vivisectors have removed the entire skins from living dogs, dug their eyes out of their sockets, perforated their eardrums and then turned the agonized creatures loose in the laboratory hell to see what the blind, deaf, maimed and mutilated creatures would do in their terrible plight.

Dogs, cats, guinea-pigs, rabbits and other small animals have been thrown bodily into vats of boiling water and cooked alive, while human fiends witnessed their agony. A mother-dog, while in the act of nursing her infant puppies, has over and over again been seized by vivisectors, taken from her bed and made to suffer the amputation of her breasts and then dropped down among the infant puppies which she could no longer feed, but which she licked affectionately in her dying agonies.

The pretense of the vivisectors of giving animals anaesthetics to prevent pain and suffering is hypocrisy. All talk about painless vivisection experiments upon animals is mendacious, and every vivisector knows it just as well as I know it, and he also knows that I know that he knows it. If animals about to be subjected to vivisection experiments were anaesthetized before and during vivisection experiments, there would be no need, whatever, for the hundreds of ingenious contrivances in constant use for restraining the movements of the tortured animals. If the animals operated upon were in a state of anaesthesia, there would be no more need of such restraining apparatus than there is in the case of a human patient undergoing a surgical operation.—J. W. Hodge, M.D., Niagara Falls, N. Y.

A Day's Work

THERE is said to be agitation among the trades unions of San Francisco for a general six hour working day. Many will immediately declare that this is absurd. Why? Labor is not the end of life, but a means to an end. According to the Bible, work was imposed on man as a punishment.

The result of labor saving machinery, doing the work of thousands of men and women, should be to give men and women more leisure. Such has not been the result. On the contrary, the result has been to cause more goods to be made, for which goods it is often difficult to find a market, because they are not properly distributed, and sometimes the struggle for a foreign market leads to war. At the same time, many at home are unable to afford to buy necessary goods. This is manifestly all wrong, and a condition that must sooner or later be remedied.

All labor should be paid by the hour. Then the question of how many hours a man should work will be less difficult to solve.

You may say that bosses often work as long, or longer, and as hard, or harder, than the men they employ. That has nothing whatever to do with the case. An employer is buoyed up by the financial interest he has in his business. The employee works at monotonous labor for a small fixed wage, and often sees nothing ahead of him but the shadow of the poorhouse. It is illogical for an employer to expect a hired hand to be willing to put the same enthusiasm and mental and physical energy into his labor as he, himself, is willing to expend.

Modern Improvements

DURING the past twenty-five years—mainly within the past ten—I have seen the introduction of many novelties that have now become matters of course. Among other things, I may mention the telephone, phonograph, moving pictures, wireless telegraph, submarine, linotype, motor boats, air ships, billionaires, gas stoves, cafeterias, disappearing beds and divorces while you wait. A few years earlier, about 1879, I saw the installation of the first electric lights on the Pacific Coast, in the courtyard of the Palace Hotel, in San Francisco, and in 1887 on Pico Street, Los Angeles, I was among those present at the start of the second electric railroad in America. Above all, I have recently seen the wonder of wonders—men talking from Washington to Paris and London, by wireless telephone.

If these things have come during the past twenty-five years, what may we expect during the next quarter of a century?

It seems to me, however, that men are no more happy and contented today than they were in 1890 and in 1870, when we were young and romantic, and every goose was a swan. Happiness does not depend upon "modern improvements."

Man and the Animals

THE same general moral code applies to every being that feels. In a general way, whatever is right to human beings is right also to non-human beings; and whatever is wrong to human beings is wrong to non-human beings. There are disparities everywhere—disparities in ethical standing, just as there are disparities in usefulness and feeling-power. But there are no greater disparities between men and other animals than there are between different individuals or varieties of the human species. I do not say nor do I believe that a guinea-pig has the same rights to life and to the satisfaction of its desires as an Englishman has. Neither has an Eskimo. But I do say that an ethical system that treats guinea-pigs and non-humans generally with the ethical indifference that they receive today is a product of human provincialism pure and simple, and is destined to become as obsolete as human slavery, with the blooming of the ages.—J. Howard Moore.

"Preparedness" and Private Profit

IT will be well for Congress to bear in mind such facts as recently were presented in La Follette's magazine, wherein it was shown that the government arsenal at Philadelphia made three-eighths-inch common shrapnel at a cost of \$7.94 at the very time that private firms were charging the government \$17.50 for the same shrapnel. Fuses that the government made at a cost of \$2.92 were charged to it at \$7. If Congress were to require that the arms and ammunition to be manufactured under the new policy of preparedness should be made in factories owned and operated by the government, it would be amazed at the sudden cessation in sundry quarters of interest in the country's defenseless condition.—Los Angeles Tribune.

Briefs

The Texas Supreme Court has held that a city has no power to designate a restricted district, for houses of ill fame. So much the worse for unrestricted districts.

Otto Hanish has gone to jail for six months, for mailing "obscene matter." "Inner Studies" is not obscene.

Ernest Goerlitz, eminent musician, killed himself in Los Angeles last month. A year ago he was operated upon for intestinal trouble, which left him a cripple, and he worried over it.

James Foley, deaf mute, would serve ten years in Joliet prison, for no crime, if he could learn a trade. Something wrong somewhere.

Two hundred Los Angeles women competed for a waif, left on a doorstep. Women seem to want their babies ready made, nowadays.

No vegetarian has ever been in the Los Angeles city jail on a law-breaking charge. Wrong eating causes congested liver and a foul colon, and that makes potential criminals.

U. S. railroads spent \$10,000,000 in 12 months for advertising.

Twenty-one prominent German professors declare that the sinking of the Lusitania was justified. Most Americans think otherwise.

Britishers begin to economize, but are not plowing private parks.

An Eastern suffragette, with a beautiful back, had "Votes for Women" painted on it. No telling where these women will stop.

A Y. M. C. A. Cafeteria advertisement reads: "Gee, but this is the place to eat." "Gee" is an abbreviation of Jesus. One of the "good eats" is enlarged goose liver, produced by forcible stuffing.

Miss Edith Channel, 25, tuberculous, walked from Topeka to San Francisco, for her health. Failing to recover, she shot herself. No amount of exercise will compensate for wrong eating.

Elbert Hubbard left an estate of nearly \$400,000. Hubbard was a good business man.

Among vegetarians are Ella Wheeler Wilcox, and George Bernard Shaw. Neither of them are deficient in brain power.

A prominent British weekly advertises itself as containing no war articles. I would like to subscribe to that publication.

In England they are debating whether preachers should join the army. Many can be worse spared.

In America, trench workers get about \$1.25, without board. In Europe, they get from 3c to 25c, with board; but then, they have a lot of excitement thrown in, free.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, JANUARY, 1916

No. 8

Revolting Crimes

TO many fiendish deeds has been applied the term "Crime of the Century." If there are any crimes preeminently entitled to be so called, surely it is those often practiced under the name of "medical research." Not a single deed, but a never-ending daily succession of deeds, by which every year hundreds of thousands of helpless and inoffensive animals are subjected to excruciating tortures.

Disabuse your mind, for an hour, of the false ideas that have been instilled into it, regarding "a few guinea pigs" and "thousands of children's lives," and "sickly sentimentalists," and read, impartially, the facts and statements in this number, especially the statements by broad-minded medical men. Learn that vivisection, so far from being an aid to humanity, has been used to extend medical errors, especially the germ theory, and to multiply the evils of unnecessary and harmful surgical operations. Many of these experiments, made over, and over, and over again, are made simply to satisfy a morbid curiosity. And sometimes, I am ashamed to say, they are inspired by degenerate cruelty. Even high school students are now encouraged to perform their clumsy and cruel experiments on living animals. What a noble way to form the youthful character!

If, as the vivisectors claim, they have nothing to conceal, or to be ashamed of, why did they so bitterly oppose, and finally defeat, the bill introduced in the California Legislature, permitting health officers to enter places where vivisection is performed?

If you believe that a curb should be placed on this cruel practice—that its most barbarous features should be eliminated—do not be content with a silent protest, but give material aid to those who are fighting, against great odds, for the cause. The California Anti-Vivisection Society is sorely in need of funds. It is economically administered, there being no paid officials. Any subscriptions for the Society, sent to **BRAIN AND BRAWN**, will be accounted for, and names of contributors published. Send in your offering, however modest. Perhaps then you may be able to sleep better.

One argument in favor of compulsory vaccination is that vaccine factories, with combined capital of \$17,000,000, were incorporated during the past year.

“Swearing Off”

THIS “swearing off,” whenever a new Anno Domini comes around, is a foolish custom, because few keep their promises to themselves, and like most backsliders, they go deeper into the mire, besides losing their self-respect. If, however, you choose to “swear off,” do not confine your renunciation to such piffling indiscretions as cigars, and coffee, and candy, and cocktails, but resolve to abandon Selfishness, the chief curse of the human race.

Clubable Men

A FEW months ago, writing of “The Clubable Man,” I said that not every man who is good and intelligent is clubable; that many, distinguished for virtue and knowledge, may be bores. Now comes an experienced widow woman, who declares that the clubable man makes the worst kind of husband—that the kind of man who is loved by men is a terror to live with. As reported in a New York paper, she says:

Such a man is quite incapable of self-study and self-criticism. He knows the men like him, and he can't think why his wife doesn't. The man who is popular with men never gets on, either in business or anything else. He takes pride in being a good spender, and he cultivates the art of generously spending, to the detriment of the art of making. The wife of such a man is forever anxious about financial matters, usually neglected, invariably unhappy. And the men are always so sorry for his being “tied to such a fussy wife.”

Unfortunately, this is more true than it should be, although there are, of course, a great many honorable exceptions. It is quite possible for a clubable man also to be a kind and considerate husband and father—in other words, a gentle man.

War is Love

WE are becoming accustomed to remarkable utterances by college professors in America, where our institutions of learning are gradually coming under control of Capital. Still more extraordinary statements emanate from German universities, controlled by the State. For instance, Prof. Reinhold Seeborg, of the University of Berlin, is quoted as saying: “If the highest law or rule of morals is Love, and if war is moral—and of this there can be no doubt—it follows that war must also be a work of love.”

Only a Prussian professor could say that.

The Illustrated London News said: “Of ten American subjects on the Ancona, one was saved.” There are no “subjects” in the United States, except some subjects of suspicion, who were not born in America.

Tariff and Labor

THE main argument advanced in favor of a high tariff is that it protects the American workingman against foreign cheap labor. The same argument applies to foreign cheap laborers, who enter the United States by millions, lowering the standard of living, and often causing labor disturbances, that entail much expense on society. Some of the most highly protected industries employ such labor, at miserable wages.

It seems to me that advocates of a protective tariff for American labor, to be consistent, should also work for the exclusion of cheap and undesirable laborers from abroad.

Noise

LAST month I commented on unnecessary city noises. Since then official recognition of the health and happiness of New Yorkers, who hitherto have been deprived of proper rest, has been given by the Police Commission. A general order has been issued, placing upon the police responsibility for enforcing to the letter all ordinances designed to make the city more quiet. Among the noises placed under the ban are needless shouting by street peddlers, newsboys, taxicab and carriage barkers and unnecessary racket in cleaning out ash cans. Flat wheels on cars also are barred.

A good example, that should be imitated by other cities.

There was recently a discussion, in a Los Angeles paper, as to whether it is permissible for a preacher to call on a woman when her husband is away. I don't know what "permissible" is, but I know it is not advisable.

I am glad the overcrowding of jitney conveyances has been forbidden in Los Angeles, because it will, of course, be followed by an ordinance forbidding the overcrowding of street cars.

Russia's strength lies in her soil. That is the ultimate strength of all nations.

Old Year and New

THE Old Year has done what it could for me;
 All of it that was good for me
 Has now become a part of me.
 Whatever the New may bring to me,
 May only the good of it cling to me
 And enter into the heart of me.

—William Herbert Carruth.

Brooklets

Munition makers and their stockholders disapprove of peace plans.

* * *

Sometimes I wish there were more rogues and less fools.

* * *

There are many troubles in which a friend may advise, sympathize and help, but there sometimes comes a crisis that you must thresh out with your own soul.

* * *

Most magazines are now collections of washy stories, with flashy illustrations.

* * *

Don't take it for granted that a man who keeps his mouth shut is wise. He may only be stupid.

* * *

It would be well if newspapers would omit two-thirds of the contents, and print the remainder in larger type.

* * *

Princes are as common in Russia as barons in Germany and colonels in the U. S. A.

* * *

To get through the world, nowadays, one should have the hide of a rhinoceros, and no conscience.

* * *

Many seek knowledge or money, but few seek wisdom.

* * *

It may be the English are snobs, but when the average American sights a lord, you can almost hear him lick his chops.

* * *

I have my private opinion of women who admire and pet hideous monstrosities, in the shape of bulldogs.

* * *

Some souls are like sanddabs. Rotten pun. I seldom do it.

* * *

If, at 30, you smoke two cent stogies, you may be able at 60 to smoke two-bit Havanas. Or vice versa.

* * *

There is a good opening for financial chiropractors, to adjust business vertebrae that are out of whack.

* * *

I am told large waists are fashionable. Fashion sometimes agrees with Reason on a detail, but it's only a passing flirtation.

The Laughing Cure

I RECEIVED this from C. C. Cole, of Los Angeles, who was in the United States Senate nearly fifty years ago. He recently celebrated his ninety-third birthday, yet looks and feels younger than some who are not more than half his age:

"I have made an important discovery in 'medicine' which you may keep to yourself and have the full benefit of. It is this: Laughter prevents appendicitis, and may cure it. It has prevented it in me and may in others. Don't laugh, doctor, this is no laughing matter. Try it yourself; when you laugh, or even giggle, you will notice how it violently agitates precisely the part of the corporosity where the appendix is, or is supposed to be, or ought to be, or, as most doctors say, ought not to be. And this agitation prevents the surreptitious entrance of improper substances, like grape seeds, into that wholly superfluous portion of the anatomy.

"On second thought, you need not keep this from the profession. It might stop operations, and they will not adopt it."

The idea that foreign bodies, like seeds, can enter the human appendix, is an old superstition. Like many other medical superstitions, it was fostered by laboratory work, instead of bedside practice. The appendix of a dog is quite different from that of a man. The opening in the human appendix is so small that it is an absolute impossibility for the appendix in man to become obstructed by foreign substances, any more than the glands that secrete the saliva can be obstructed by the food in the mouth. Dr. Murphy, of Chicago, who has a hobby for experimenting on dogs, is also considered the father of this atrocious and criminal operative practice for appendicitis. Perhaps he concluded that the appendix was the same in the human being. The appendix is not a "wholly superfluous portion of the anatomy," but a necessary organ, created for a purpose similar to that of other glands, namely, to furnish lubrication, and answer as an oil can, to prevent any obstruction when the contents are passing from the large intestine into the smaller one. Those who are so foolish as to have it removed suffer alternately from diarrhoea and constipation for the rest of their lives. What is called "appendicitis" really inflammation of the bowel, readily yields to natural methods. However, I am getting away from the subject of laughter.

What Mr. Cole says about the laughing cure is sound and sane. It is not only good for inflammation of the bowels, but for other ailments, especially dyspepsia. "Laugh and grow fat" is an old and true maxim. Here are remarks on the subject from the clever little book "Pep," reviewed here some months ago:

Laughing wakes up the digestive organs. The heart beats faster, and sends the blood bounding through the body. There is not a remote corner or little inlet of the tiniest blood vessel of the body that does not feel the waves of motion occasioned by a good hearty laugh. Laughter accelerates the respiration, and gives a glow to the whole system. It brightens the eyes, increases perspiration, expands the chest, forces the bad air from the lung cells, and tends to restore that exquisite balance which we call health.

Health comes from the harmonious action of all the functions of the body working in a normal way. This poise, which we destroy by sleeplessness, bad news, grief, fear, anxiety or worry, is fully restored by a hearty laugh.

A woman in the West had a crushing sorrow; despondency, indigestion, insomnia, and other kindred ills followed. She determined to throw off the

gloom which was making life so heavy a burden to her, and established the rule that she would laugh at least three times a day, whether occasion was presented or not. She trained herself to laugh heartily at the least provocation, and would go to her room and make merry all by herself.

This woman was soon in excellent health and grand spirits, and her home became a sunny, cheerful abode. At first her husband and children were amused at her, and while they respected her determination because of the grief she bore, they did not enter into the spirit of the plan. But after awhile the funny part of the idea struck the woman's husband, and he began to laugh every time his wife spoke about it.

When the husband came home he would ask her if she had taken her regular laugh during the day, and he would laugh when he asked the question, and he laughed again when she answered it. The children thought mamma's notion was very queer, but they laughed at it just the same. Gradually the children told other children, and they told their parents. The husbands spoke of it to their friends, and finally the neighborhood people, when meeting this woman, would ask her how many laughs she had today. Naturally they all laughed when they asked the question, and that made the woman laugh too.

This woman had been weighted down with the greatest kind of sorrow, and troubled with worry, but this simple rule of laughing three times a day brought her out of it and put her into a new way of living. It relieved her of indigestion, banished the headaches, gave her poise and peace, and her whole home was better. Not only this, but the entire neighborhood received benefit from this good suggestion.

Wholesale Vivisection

THERE has recently fallen into my hands a statement of the number of animals tortured annually under the auspices of the Pasteur Institute, near Paris. This statement comes from a magazine entitled *L'Antivivisection*, published under the editorial management of Dr. G. H. Laurent, an eminent physician of Paris. It shows:

Guinea pigs, 25,000; cats, 100; mice, 20,000; horses, 100; rabbits, 15,000; sheep, 100; rats, 10,000; goats, 60; monkeys, 600; pigs, 50; dogs, 400; geese, 20; chickens, 500; ducks, 20; pigeons, 500. Total, 72,450.

As it cannot require the vivisection of 25,000 pigs to demonstrate any point relative to the nature of a normal or abnormal pig, the cutting and torture of the number not required for the purpose has to be charged to the entertainment which cutting and torture affords the vivisector. Such facts bespeak not only inhumanity, but fiendishness. A physician or surgeon possessed of insensitiveness and heartlessness so diabolic I would not allow to approach the bedside of my worst enemy.—Dr. Parkhurst.

The Daily Food Alliance of America was organized for the purpose of arousing, among American women, a greater interest in all problems affecting the food supply. President, Mrs. Charles D. Hirst, 219 W. 45th Street, New York. Dr. Margaret Goettler, 1319 S. Grand Avenue, Los Angeles, is third vice-president.

The editor of the Southern California Practitioner has fifteen assistant editors to help him in his onerous task. I have not even an office boy.

Buttermilk and Grape Juice

FOLLOWING is from a Los Angeles paper:

"One of the world's greatest problems will be settled tonight by a group of masterly intellects among undergraduates in the college of law, University of Southern California. Whether grape juice is a more salubrious and efficacious beverage than buttermilk will be the subject of a formal debate at the Law Lyceum, a student debating organization. John C. Haynes and Seymour Silverstone will come to the aid of the former Secretary of State and argue the delights of grape juice, while Jeffersonian simplicity and buttermilk will be extolled by Mark Herron and Myron Silverstone."

This is as foolish as to argue whether shirts or trousers are the more desirable. Both garments are useful, and some even regard them as necessities.

In the first place, grape juice and buttermilk are not beverages, but foods. A pint of buttermilk contains nearly as much nourishment as half a pound of lean beef, and a glass of grape juice contains most of the food substance of two pounds of grapes. Hence, it may be seen how improper it is to swallow these foods, in addition to an ordinary meal, and why, when that is done, people say buttermilk or grape juice "does not agree with them."

Grape juice consists almost entirely of carbohydrates, mostly fruit sugar and acids, with very little protein. It furnishes heat and energy. Buttermilk is largely protein, used for repair of the cells.

The best way to eat buttermilk is to mix it with a third part of full milk, not pasteurized and spoiled, but clean raw milk, if you can get it. It should be beaten up and sipped very slowly. This, with a handful of fresh fruit, or a couple of baked apples, makes a meal.

The proper way to eat grape juice is to mix a glass with one-third of water, and the juice of half a lemon. Sip it, also, very slowly. This may be taken, occasionally, as a light lunch. Remember that when you do this, you are eating about two pounds of grapes.

Preaching the Gospel

BEFORE an audience of 3000 persons, at Riverside, Cal., Evangelist Fife, who was conducting a series of revival meetings, "brought down the house" with an imitation of an old-fashioned hoe-down, by way of illustrating his address on "Amusements." The "Chicken Reel" was danced to the music from his own violin which he played while cavorting over the platform. The evangelist then laid down his fiddle and proceeded to imitate a modern dance, to the infinite delight of the audience, which applauded him to the echo.

We will give a year's subscription to BRAIN AND BRAWN for a copy of March, 1915, or June, 1914.

Diet, in the hands of an expert, is far more effective than drugs. I speak from a large experience in both systems.—Dr. Yorke Davis, London.

The consumption of alcohol per capita has decreased six gallons in Great Britain, during the past 15 years, and increased four gallons in the United States.

Forty Years Ago in Los Angeles

Bishop T. Amat has sold to Wolf Kalisher a lot on Main street, south of Fifth, for \$2500.

The city council has instructed the marshal to stop the cutting of wood in the river bed.

The Los Angeles Gas Company announces a reduction in the price of gas to \$7 per 1000 feet, with a further reduction of five per cent to persons using more than 1000 feet.

Mrs. Hughes has sold 12.54 acres of land on Adams street, between the Slauson and Godfrey places, for \$7524. The name of the purchaser is not given. This is more than double the price Mrs. Hughes paid for the land a year ago.

Experience has shown that the soil of Southern California is well adapted to the raising of all kinds of fruits, and farming is gradually giving way to fruit growing in all sections.

Policemen Turner and Ryan were driving two pigs to the pound on Spring street, below First, this morning, when a Mrs. Keegan recognized the animals as her own property. She ran into the street, calling the porkers by their pet names. They recognized their owner and started for her. The woman began to run and the pigs followed suit, leaving the two policemen standing agape in the middle of the road.

Material for Vivisection

A SABLE and white collie one day came limping to the veterinarian, J. Preed, and lying down on his back, held up a paw. Preed examined it and pulled out a large thorn. He thought no more of the accident, until he found the collie at his door some days later, with a large bone in his mouth. The good dog left the bone in Preed's hands and departed joyfully. He could not have found a happier way to express his gratitude to the physician, than by offering him what he considered a most beautiful gift. A delicious example of gratitude!—From the French.

Gloomy London

MY brother wrote, from London, under date of November 9:
"We have been free from Zeppelin raids for about five weeks. Of course, there are a certain number of people, mostly women, who feel rather anxious about their coming. The majority, however, realize that the chances of being injured are very small, when one considers the millions of people and thousands of houses there are in London, and its suburbs. London is very dark and miserable at night, and most people are only too glad to get home to their firesides. Theaters give more matinees and less evening performances, and the shops close earlier."

When you lie down, immediately after eating, do not lie on the back, but on the abdomen, or right side, turning, after awhile, on the left side.

Utility of "Physical Straining"

I HAVE on several occasions criticized those teachers of physical training—"physical straining" as Prof. Warman calls it—who encourage weaklings to believe they may become like Hercules by following their system of "stunts." A striking case in point occurred two weeks ago in Los Angeles. Edwin J. Lewis, middle-aged, 5 feet 8 inches, weighing 105 pounds, chest measurement 32 inches, and without a vestige of muscle, had for ten weeks been canvassing for a physical culture magazine. I let the Los Angeles Times tell the story:

"Yesterday was the seventy-fifth day of the test, and when Edwin J. Lewis pulled the tape around his chest, and found it still measured just thirty-two inches, he hurried to the nearest drug store, bought some cyanide of potassium, returned to his room at No. 205 East Fifth street and swallowed it. A short time later he was found dead in his room.

"He was middle-aged and for the past several years had found profit in only one line of business, that of taking subscriptions for a physical culture magazine. But he was small and emaciated. His weight was 105 pounds, his height five feet and eight inches. And his chest measurement was just thirty-two inches. Equally small were his arms and legs. In fact, he had not a vestige of muscle.

"So when he would go to a prospective customer and dilate on the merits of his physical culture magazine, the customer would fix a comprehending eye on Mr. Lewis and say: 'I don't see the magazine has done much for you. Why don't you take a slant at it yourself, and gather a little muscle?'

"Then it was very hard for Mr. Lewis to show the illustrations of a woman who became as Venus, and a man who matured into an Apollo through following the directions and suggestions of the magazine articles. For the customer would fix a cynical smile on him and make some flippant remark, and Mr. Lewis would trot away to another prospect, always with the same result.

"Seventy-five days ago he came to Los Angeles in the interest of the periodical. He determined to give himself just seventy-five days in which to improve, and then if some effect did not mature in his favor, he decided there would be no use. So he worked harder than ever, paying particular attention to his chest, a hollow, shrunken chest, such a chest as humbles the proudest shirt.

"The weeks passed and he refused to make a measurement to determine the result. He would wait until the final day.

"Yesterday it came, the termination of the last desperate effort. He bared his chest, stood before the mirror, and with elaborate preparation, drew the tapeline about him. He drew it taut. It measured just thirty-two inches. He expanded it. The measurement was just thirty-two and three-fourths inches. And in former tests he had expanded to thirty-three inches.

"So he went to the drug store, and purchased his poison, and with the tapeline still draped across his pathetic figure, lay on the bed. In a half-minute he was dead."

Following sensible remarks on this subject, in the Naturopath, are by Paul von Boeckman, a teacher of rational methods of breathing:

"It is well to remember, that it is utterly foolish for a boy with a 'cat power' bony structure to waste his precious nerve force in heavy lifting, when Nature never intended that he ever develop a Great Dane body. Our physical culturists preach that a powerful body and massive muscles is a 'birth right' of every being. They apply this nonsensical theory, and often undermine the

constitutional strength of their pupils. They strain their vital forces to the last inch, in endeavor to build muscle. It is no wonder most athletes die at an early age.

"Sound constitutional strength should be the first aim, always. All exercise should have for its prime object the development of the vital forces. Then, if a reasonable amount of external exercise is practised, normal and symmetrical muscle growth will follow naturally. But we should never force the development to the last notch.

"I know well the intense satisfaction it is to a young man to win in the field, track and ring, but it is better never to have won a medal, and to live to be eighty, than to be covered with medals and die at fifty."

Unless you desire to be a professional strong man, or a wrestler, and are equipped by nature for the job, seek health rather than strength in exercise.

The Flesh Pots of Egypt

THREE years ago Fred Gammenthaler was feeding a boiler in a local sanatorium where a vegetarian diet is strictly enforced and where no tea or coffee can be bought. An idea came to him and he opened a restaurant opposite the sanatorium.

Gammenthaler cashed in on the human frailty for richly seasoned foods and coffee. His restaurant became a gathering place for patients of the sanatorium, and no amount of warning, coaxing and even threatening could keep the patients away from the alluring form of food.

Gammenthaler gave his restaurant the suggestive name of "The Little Red Onion Cafe," and advertised on his sign that the "choicest of coffee" and "thick steaks" were served at all hours.

The tide of patients who turned in at The Little Red Onion created some dissatisfaction at the sanatorium, and offers of purchase were made by the management of the institution. These were repeated at intervals for three years, the price of sale being raised a little after each offer. Gammenthaler finally sold the restaurant for \$36,000.—Battle Creek dispatch.

Swiss Lentil Soup

COOK lentils and sliced onion together, until the lentils are tender and well dried out. Rub through a colander, add brown flour, with water, to make of the right consistency. Heat from half an hour to an hour. This makes an unusually meaty flavored soup.

Peas or beans may be substituted for lentils.—Laurel Health Cookery.

Love and Money

A SEVENTY-EIGHT-YEAR-OLD resident of a Connecticut poorhouse who inherited \$150,000, received hundreds of letters from women and girls wanting to marry him. One young woman, of Tiffin, Ohio, wrote:

"I just love old men. I don't care how old you are, or what your looks are—I can be sweet and kind and tender. I am anxiously awaiting your reply."

What a little hypocrite! The old man has some sense. He says "Prosperity brings many friends" and will remain single.

Some hospital nurses wear high heels. Queer.

Time to Curb the Vivisectioners

IN the name of science unspeakable agony is being daily inflicted upon dumb animals by investigators of whom the kindest thing to say is that their eagerness to peer into the unknown has made their hearts callous to the sufferings of their victims.

Not one-tenth of the cruel and bloody work done in the alleged interest of science is scientifically necessary. Doubtless some necessary and vital facts have in the past been established by vivisection, but the fact, once established, need not be demonstrated again and again to gaping crowds of medical students in hundreds of colleges every year.

Its statement to a class coupled with a description of the experiments by which the fact was originally proved should be sufficient without the repeated performance of agonizing operations upon living animals.

The persistent practice of vivisection cannot but blunt the sensibilities and destroy the sympathies of the investigator. The man who studies the actions of a dog or a rabbit under the searching knife is certain to long eagerly for opportunities to try the same experiment upon a human being.

If he is a surgeon in general practice, the opportunity is likely to be afforded him in ways that may enable him to make his tests undetected, though the patient suffer agony, and possibly death.

Prominent officials of the American Anti-Vivisection Society declare emphatically that the practice of vivisection upon human beings exists, and is spreading among surgeons. They declare that in the hands of a surgeon obsessed with a desire to explore and experiment beyond the limits of the operation for which he has been employed no patient is safe.

Opponents of the evil do well to urge upon Congress the complete prohibition, or, at least, the stringent regulation of vivisection.—Los Angeles Examiner.

They Will Never See Again

FOLLOWING is an extract from an interview with Miss Angela Morgan, poet and delegate to the Woman's Peace Conference, at The Hague:

"At one of the American Red Cross hospitals in Munich, we saw scores of poor men who had been blinded in battle. They were making pitiful efforts to learn to read and write under the new conditions. One poor fellow had had his face so mangled that he will have to wear a mask over it the rest of his life. He had been engaged to marry when the war started, but his romance is at an end."

Back to Nature

THE British attempt to civilize the natives of the Gilbert and Ellice Islands, in the Pacific Ocean, by teaching them to dress in a modified European fashion, has been detrimental, from a standpoint of health, and the Colonial Office now announces that it is doing its best to get the natives back into their former habits. The old method of rubbing the body, bare save for a kilt of leaves, with cocoanut oil, was the best protection against chills, and the cotton smock for women and cotton trousers and shirt for men are therefore condemned as responsible for an increased tuberculosis rate.—Washington Star.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

MOUTH BREATHING.

K. T.—Mouth breathing is bad, because it lets in cold air to the lungs, and also admits much minute filth, animal, vegetable and mineral. Locally, you may help by making a simple harness, to put around the head, which will hold the mouth shut. You can also buy such things ready made, but it is easy to make one for yourself. However, this will not be of any use if you are suffering from a catarrhal condition that makes it difficult, or impossible, to breathe through the nose. In such cases, you should at once set about freeing your blood of mucus, by adopting a non-mucus forming diet, with air baths, exercise, etc. If you are so foolish as to run to a surgeon, to get something cut out, you will rue it, in more ways than one.

CATARRH.

K. H.—Catarrh is due to the presence in the blood of morbid waste matter, and that is due to wrong diet. See my article on the "Cause of Disease," in the October number.

Catarrh takes various forms, affecting the weakest points in the body. A boil is really the same thing as catarrh, only in a different shape. From this you will see that there is only one cure, namely, carefully to regulate the diet.

To attempt to suppress a cold or a cough is absurd. It is like sitting on a safety valve. A cough is an effort of nature to remove mucus from the body, and should be encouraged. In order to aid nature in her efforts, you should eat nothing but fruit, until the catarrh begins to disappear. Bathing and breathing are also helpful, and you may add a cold wet compress over the chest or throat, covered with warm flannel, and worn at night.

This is the only way in which you can permanently get rid of catarrh, and you can do it in this way, every time. It involves patience, perseverance, and self denial, qualities that are rare.

ECZEMA.

Robert L.—Eczema is due to an over-heated condition of the blood, and that, again, is due to wrong diet. Therefore, it can only be permanently cured by carefully regulating the diet. Common remedies are mercury, in its most potent forms of corrosive sublimate and red precipitate, arsenic antimony, iodine, preparations of lead, copper, zinc, and other minerals, with a long list of irritating and narcotic ointments, all of which tend to drive the disease to the internal parts, besides poisoning the system with the drug. Many have been indebted for a fatal disease and a ruined constitution, to the medication of a skin disease.

While regulating the diet, the best local application I know to allay irritation, is ichthyol. This is a bituminous mineral, containing fossil fishes. It is found in the Austrian Tyrol, and has also been found in a few places in America. It is quite harmless. It may be purchased at drug stores, in the shape of syrupy liquid. Use ten drops in a tablespoonful of vaseline, applying to the skin with the hand, or a soft rag.

Remember, however, that this is only a remedy, not a cure. The cure must come from within.

Box Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the traffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A "NEAT PROPOSITION."

I picked up a copy of your magazine on a local news stand, and believe it to be one of the neatest propositions of its kind that I have ever seen printed.—K. M. Bickel, managing editor, Midwest Construction News, Omaha, Neb.

CONSTIPATION CURED.

The third month of my treatment is drawing to a close. Your health advice has certainly done me great good. I have followed your directions as closely as I could, and shall continue to do so. I have not taken a laxative since I received your directions, and to me the remarkable part of it is, that I get along just as well, or better.—Mrs. E. S. Masters, Carpenter, Laramie Co., Wyoming.

APPRECIATION.

I take this opportunity to express the sense of gratitude I have often felt for the timely and helpful advice I have gathered, for many years, from BRAIN AND BRAWN and formerly from the Care of the Body department of the Times. I can truthfully say that my whole life has been influenced greatly, and beneficially, by this. I am glad to spread the true and fundamental gospel of Harry Ellington Brook at every opportunity.—E. Albert Maas, Los Angeles Tribune.

The back numbers of BRAIN AND BRAWN are going, and soon some of them will be out of print. Better make up your list before it will have to be incomplete.

A radical opponent of woman suffrage demands to know "in what way and in what capacity women excel men." We answer, without fear of successful contradiction, that they make better mothers.—Livermore Herald.

VIM AND VIGOR

The Hygienic T. Bandage, worn damp, under dry cover, during the night, is a simple natural remedy for sexual debility and other ailments of the pelvic region in men and women. It is invigorating, soothing and quieting to the nervous system. Valuable in bladder, bowel, liver and kidney troubles. When used in connection with reasonable attention to diet the curative results are marvelous. Strongly indorsed by the editor of *Brain and Brawn*.

Price \$1.75; three for \$5; postage paid. For cleanliness and convenience it is better to order three. Send loose hip measure under the clothing.

BRAIN AND BRAWN

Chamber of Commerce Building, Los Angeles.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

NEURASTHENIA; J. H. Kellogg, M.D.; Good Health Publishing Co., Battle Creek, Mich.; 340 pp.; price \$2 by mail.

Neurasthenia is a name coined by Dr. Beard, of New York, from two Greek words, meaning "nerve" and "lack of energy." It immediately became popular. Americans may be described as a nation of neurasthenics—that is, those of them who lead sedentary lives. This is due to lack of exercise, cut-throat competition in business, and, chief of all, wrong diet.

As Dr. Kellogg shows in this book, neurasthenia is not really a distinct malady, but rather a symptom or group of symptoms, resulting from disease. He discusses the causes, one of the chief of which is foulness of the colon, causing autotoxemia. He tells how one suffering from nervous prostration should live, in order to get well.

A chapter is devoted to the subject of Christian Science, which Dr. Kellogg criticises with some severity.

THE HEALTH CARE OF THE GROWING CHILD; Louis Fisher, M.D.; Funk & Wagnalls Co., publishers, New York; 350 pp; price \$1.25 net.

This book is imbued with the errors of the "regular" medical fraternity. It contains a horrifying picture of smallpox in an unvaccinated child. We are told that "vaccination with cow pox would have prevented the above." How about the large number of people who have been vaccinated and revaccinated, yet developed smallpox? And how about deaths that are continually occurring from the effects of vaccination?

As to the author's ideas on food, I need only quote the following, among others, as foods recommended for a child from six to ten years old, with a weak digestion: Soft boiled egg, egg poached in bouillon, French roll, broiled bacon or ham, with creamed potato, scrambled eggs with minced tongue or ham, lady fingers and jam, fried halibut, beef and sago soup, sweet bread or stewed tripe, angel cake, ham omelet, bread with butter and jam, jelly omelet, Swiss cheese. Enough said.

Otherwise, there are good suggestions in the volume.

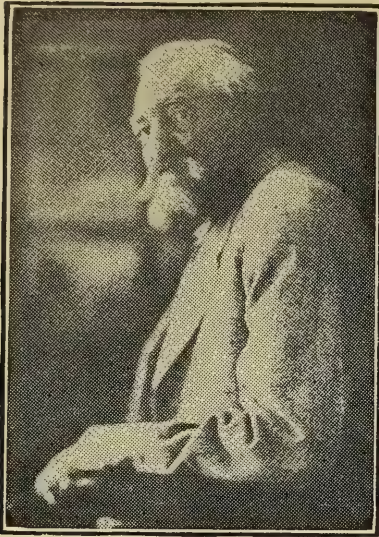
PEG ALONG; George L. Walton, M.D.; J. B. Lippincott Co. publishers, New York; 200 pp., price \$1.00 net.

Dr. Walton is the author of "Why Worry?" In this book, he aims to show how to correct mistakes of care, anxiety, fretting, fear, martyrism, and over-insistence. It is not an easy job. He truthfully says:

"However ready a man may be to acknowledge poor memory, defective mathematical ability, or weakened power of application, he balks at allowing, even to himself, that he is querulous, cranky, and unreasonable. Each display of these characteristics, obvious and pitiful though it may be to the outsider, is amply justified, in his own eyes, by the peculiarly aggravating nature of the attending circumstances."

An interesting and helpful book.

Cure of Chronic Disease



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook N.D.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

THE POLITICAL DOCTOR.

THERE'S a doctor in the saddle in our legislative hall,
And he's fixing up a clever bill to hit the great and small;
He says it's to protect you, but listen now to me,
The only things protected are the doctor and his fee.

No more may good old grandma give the baby catnip tea,
It's forbidden by the doctors, and against the law, you see;
Call a doctor, says the statute, for it's he alone can know
If you need a course of physic, or a rag around your toe.

No more may kindly mothers, who have raised their children all,
Respond to call of neighbor, when the baby gets a fall,
For the fine will be so heavy, and the jail you're like to see,
If the help you give the neighbor makes a doctor lose a fee.

Now, the doctor has his uses, but I surely fail to see
Why a law should make him master of either you or me;
What he knows is very useful, and his study is profound,
But almost all his bad mistakes are hidden under ground.

HARRY SOUTHERN.

ETHICAL ADVERTISING.

That doctor who let a child die in Chicago has been doing some effective advertising, in the shape of syndicate articles and a book, all rushed out while the public excitement was at a height. Thousands of his colleagues have been cursing themselves, because they had not thought of such an "ethical" way to get a million dollars'

worth of advertising for nothing. He is now threatened with expulsion from the A. M. A., but if money and notoriety are his objects he can afford that.

CONSTRUCTIVE SURGERY.

Four surgeons in Los Angeles delivered a woman of a child from the lower chest. The mother and child survived the operation.

This is constructive surgery. As I have said, it is as admirable and praiseworthy as destructive surgery is damnable.

AN EASY DELIVERY.

A female child was born to the wife of Dr. R. E. McNamara, on November 17. The confinement took place at the sanatorium of Dr. Carl Schultz, in Los Angeles. Dr. McNamara and his wife are vegetarians, and Mrs. McNamara took every precaution during pregnancy. As she says: "It was just about equal to a bowel movement."

VACCINATING CHICKENS.

Having pretty well exhausted humans and cattle, the doctors are now proposing to inoculate chickens with a vaccine virus from a diseased fowl, in order to make them immune to chicken-pox. Even at ten cents a head, this would bring in many million dollars.

USELESS CRUELTY.

Following is a Baltimore dispatch: "Two monkeys at Johns Hopkins

CALIFORNIA ANTI-VIVISECTION SOCIETY

This worthy organization is prevented, by lack of funds, from doing what it should and would do. If you are a friend of dumb animals, as well as humanity, send a contribution, however small. It will be accounted for, and will be acknowledged here from month to month.

BRAIN AND BRAWN
508 Chamber of Commerce Bld.
Los Angeles

Hospital are being fitted with eye-glasses in an effort to discover a cure for various diseases in the human.

"The glasses will entail a severe strain on the eyes, causing imperfect vision, and in other ways will confuse the recording nerves of the eyeball. The direct result expected is a serious reaction of the thyroid glands of the monkeys, with a consequent development of diseases found in human beings, believed to have their origin in the thyroid gland. Principal among these are goitre, nervousness, palpitation of the heart, protruding eyeballs and scrofula, a mild form of tubercular affection.

"Investigations have revealed that the thyroid gland is responsive to optical disaffections. This gland is blamed generally for a multitude of troublesome and disfiguring diseases, and through the irritation expected to be produced in the monkeys, the various stages and manifestations of disease will be minutely studied, and a search started for a counter-irritant or serum."

This is not only devilishly cruel, but absolutely useless. Swelling of the thyroid gland, like adenoids and enlarged tonsils, and other ailments of that kind, is due entirely to a catarrhal condition of the body, and that again is entirely due to wrong diet. Therefore, all these unfortunate animals will have been tortured and sacrificed in vain.

AN AUTOCRATIC BOARD.

Attacking as unconstitutional the methods of the State Board of Examiners, in assuming judicial functions—that is, in trying, deciding and punishing a practitioner after its own investigators have supplied the evidence—three attorneys last month filed a petition for a writ of prohibition, restraining the Board from proceeding with the trial of a Los Angeles physician. The Board accuses the physician of advertising, and making use of solicitors. It placed its own investigators on the case, received the evidence they

are supposed to have gathered, cited the physician to trial, and proposes to try and to decide the case and to fix the penalty. This, the counsel say, is government by commission, which is contrary to the Constitution of the United States, and is not due process of law. Government by commission, instead of by the courts, is an evil this suit seeks to correct, by taking from the hands of a board, appointed by the governor of the state, a usurped judicial function, when its own functions are purely executive.

I know nothing of this physician, or of the merits of this particular case. He may, perhaps, be one of those who justly deserve severe punishment. What I wish to draw attention to, is the principle at stake—the autocratic power assumed by the State Board of Medical Examiners.

This Board, while permitting free action to hundreds of scoundrels, who prey upon young men, robbing them of

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money and health, because these scoundrels have M.D. licenses hanging in their offices, at the same time is active in persecuting and prosecuting worthy men, who are doing good, by natural methods. Members of the Board say they cannot touch those who have licenses. In that case, obviously, the whole State Medical Law is an ugly farce, and should be changed, so as to reach those who are really guilty, and protect the innocent. Like charity, a medical license often covers a multitude of sins.

“606.”

A newspaper dispatch states that “scores of Americans are dying and suffering untold agonies, and millions of others are racked with anxiety, because it is almost impossible to obtain the German remedy salvarsan, or ‘606.’”

Thousands have been killed, and none have been cured, by this arsenical compound, and many millions have been physically ruined and killed by its predecessor, mercury.

FUTILE CANCER “RESEARCH.”

I have received a copy of the Journal of the Society for the Prevention and Relief of Cancer, for October (4 pages), published at 15 Ranelagh Road, S. W., London. Following is an extract from a letter to the editor:

“The Imperial Cancer Research Fund has issued its thirteenth annual report. Nothing of the slightest interest to the unfortunate sufferers from the disease can be found in it. No suggestion of the most distant prospect of any cure or preventive emerges from all the thirteen years of dreary propagation of the disease through countless thousands of living animals.

“To persons other than vivisectors it is manifest that if a particular method of search for a cure has been prosecuted for thirteen years in vain, it is time to try some other method and abandon the one thus proved to be en-



RUPTURE HAPPINESS

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I also show how, by simple and scientific Physical Culture instructions, to develop and strengthen weak and ruptured abdominal muscle walls.

Second Floor of 149 South Main St.

SUICIDE

Via the Knife and Fork route is too prevalent, because the average diet system is not practical.

“SIMPLIFIED AND PRACTICAL DIETETICS” by the famous Dr. R. E. McNamara and the undersigned, who for years have made a thoro study of all of the best systems of diet, is, perhaps, the most comprehensive, concise and practical system ever devised. It gives proper combinations with menus of all foods for all persons, whether mental or manual workers.

Doctors so value and indorse it and are ordering in lots of from 10 to 500, hence, if you do not believe it to be the best and most practical system ever given the public we will gladly refund your money. Price prepaid, 25c.

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tirely fruitless; but vivisection narrows the mind and renders those who practise it so dull of apprehension that they cannot perceive what is obvious to everyone else. How utterly bankrupt of public sympathy this work has become is clearly demonstrated by the fact that in the twelve months reported upon only ninety-two contributors, dead or alive, to its funds could be found in all the wide world."

Dr. Bell, head of the cancer department of the Battersea (London) General Hospital, reports that seven persons have recently been cured, by regulating the diet of the patients.

MILK DIET.

Dr. Porter, of Long Beach, has for 32 years been a close student, as well as a practitioner, of the milk diet, as a cure for chronic disease. He wrote a book on the subject, which I reviewed—perhaps ten years ago—in the Care of the Body department of the Los Angeles Times. The Porter Sanitarium, a quiet, homelike, restful place, with modified ocean climate, is now being enlarged and refitted. All rational methods of aiding Nature are utilized, including fasting, air and sun baths, and hydrotherapy.

THE TRUTH TELLER.

The Truth Teller, published at Battle Creek, Mich., is a militant journal. Like BRAIN AND BRAWN, it fights for medical freedom and opposes medical errors. The subscription is only fifty cents a year. I recommend it to my readers.

THE A. M. A.

Dr. G. Frank Lydston, of Chicago, has finally won his suit started five years ago against the American Medical Association. In it he charged that the Association is an oligarchy, entirely controlled by the Secretary, Simmons, a man whose standing and character have been severely criticized; Simmons is a sort of Pooh Bah, holding three

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Can cure disease or bring relief
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The same as when the healing art
Was told to Adam at the start.
Consumptive cough, rheumatic pains,
Burning fever or aching brains
It matters not what the case may be,
Good health alike for you and me
Isto stir the blood through all the veins,
Let Nature cure the aches and pains.

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offices at once. As a result of this decision, the A. M. A. will be forced to reorganize.

I should add that many reputable physicians, besides Dr. Lydston, object to the autocratic proceedings of this man Simmons, who has caused the Association to become an object of national suspicion and hatred.

STRIPPING WOMEN.

Six hundred women teachers of Atlanta, Ga., threatened to strike, if the Board of Education persisted in its intention of forcing a physical examination of them by a young doctor of the Medical Inspection Department. They would be required to remove their clothing from the waist up.

And this in Georgia where they boast that they "protect their women." If the people do not awake and protest, it will not be long before political doctors will claim the right to enter your house and strip your daughters. What do you think about it?

ANTI-VIVISECTION.

The sixth annual report of the California Anti-Vivisection Society, for the year ended June 30, 1915, has been received. The Society is in need of funds. It is deserving of support. In 1914 an attempt was made to force the Society to go under control of the Municipal Charities Commission, whose president is a member of the A.M.A., and has been a vivisectionist himself. The attempt was defeated.

"WHITE BLOOD CORPUSCLES."

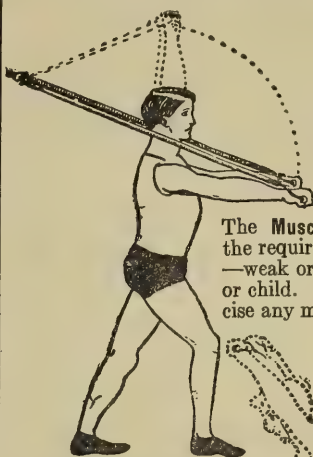
In the December number, writing under the head of "Protein Poisoning," I said:

"Thomas Powell, M.D., following up the investigations of others, has demonstrated that surplus protein is the main cause of the accumulation in the body of waste matter, falsely termed 'white blood corpuscles,' and that this is the chief cause of disease."

This is somewhat unjust to Dr. Powell. It is true that, as I mentioned in

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to any reader of Brain and Brawn upon receipt of \$1.00—just one-third the regular price. I will also include a complete body-building course of instructions containing 24 selected exercises.

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A Chest Expander also

with each outfit, I will give an extra handle, without charge, by which the Muscle Builder can instantly be converted into a most effective Chest Expander to be used for developing the chest and lungs. Take advantage of this opportunity while it lasts. Send your order today.



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Advocates Abolishing Useless Offices and Officers.

Opposes Monopoly in Any Guise.

Opposes State Medicine.

Opposes Compulsory Examinations and Medical Supervision.

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XIII BRAIN AND BRAWN ADVERTISER

the October number, Joseph Wallace, as long ago as 1866, showed that the white blood corpuscles are globules of waste matter in process of elimination—globules of filth corrupting the body. It was, however, left for Dr. Powell to elaborate and prove this.

DR. SCHULTZ'S COLLEGE.

Dr. Carl Schultz's College of Natural Healing is now open. There all methods of natural healing, including hydrotherapy in all its branches, osteopathy, chiropractic, massage, Swedish and other gymnastics, electricity, and various kinds of baths, are taught. There is also a training school for nurses, hydrotherapists and masseurs. A post-graduate course for physicians will be found useful to those who wish to perfect themselves in the Nature Cure, which is constantly increasing in popularity.

DR. TILDEN LECTURES.

Dr. Tilden, of Denver, editor of the "Philosophy of Health," formerly "A Stuffed Club," was in Los Angeles last month, for ten days, accompanied by Mrs. Tilden. On the thirteenth he lectured, to a much interested audience, at Dr. Carl Schultz's Sanatorium, paying his respects to the vagaries of "medical science," so-called, as contrasted with common sense treatment of disease.

Dr. Tilden stated a great truth, when he declared that all strong believers in various schools of medicine, and sects of religion, are handicapped by the fact that they believe that their particular school or sect has no limitations. Therefore, they fail to make progress.

HARMONY.

Deploring the falling of the public from the drugging, carving and serum injecting school of medicine, the editor of the "Human Body," in the Los Angeles Times Magazine, says, referring to drugless healers: "There is harmony in their camps, which contrasts

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CELL SALTS AND ZODIAC

An interesting booklet for a two cent stamp. Address:

Dr. Geo. W. Carey, P. O. Box 293, Los Angeles

strongly with the condition of the older cantonments.''

Those who know anything about the schools of drugless healing, will smile a sad smile when they read this.

TYPHOID FEVER.

A recent Monthly Bulletin of the California State Board of Health was devoted to Typhoid Fever Prevention. In about a hundred pages, treating on water supply, sewage, etc., there was not a word in regard to the only real method of prevention, namely, by eating so as to keep the blood in a pure condition, when a person is immune to typhoid and every other disease. Otherwise, if the blood is impure, you may get typhoid, however careful you are about water and sewage.

OSTEOPATHS IN THE FOLD.

Gov. Johnson has appointed Ernest Sisson, of Oakland, to succeed Dr. Vandenburg, on the State Board of Medical Examiners. Tasker and Sisson are now the osteopathic members of the Board.

The Los Angeles Osteopathic College, having promised to be good, and swallow the bacteriological pills prepared for it, will be taken into the fold. An osteopathic student who follows this course gets his license, but loses his standing as an osteopathic physician. He becomes merely a sort of vermiform appendix of the drugging, carving and serum injecting school. Patients should note this in selecting their practitioners.

DIAGNOSIS.

Three doctors in Kalamazoo were holding a consultation. They looked the patient over thoroughly and well, expending fully ten minutes time diagnosing the case with care. Then they retired to an adjoining room, closed the door, and a somewhat heated argument followed.

One of the doctors thought the man had money; two were sure he hadn't. They did not operate.—Philistine.

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Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

PURE WATER.

The Ice and Cold Storage Company, of Los Angeles, established about 25 years, is a big concern, covering acres of ground, and employing several hundred men. Every care is taken to render its Puritas Distilled Water worthy of the name it bears. All bottles are sterilized, and washed by machinery, in distilled water before they are re-used. The water is shipped to all suburban sections of Los Angeles, and as far away as Santa Barbara. This water is specially popular in places where the natural water is hard.

Besides the water business the company manufactures ice and a score of "soft drinks." It also has a plant, in which are always great quantities of meat, fruit and other food products. In another location is a cold storage warehouse for furs, etc.

VEGEX.

Here is an article in the food line that really "fills a long-felt want." It is a pure vegetable extract, put up in convenient shape for flavoring soups. It has a thoroughly meaty flavor, so that with this you may be able to fool some of your carnivorous friends. I use it myself, and highly recommend it.

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Why not begin this year with the good resolution to save a part of your income, however small it may be? Remember that a nickel a day makes nearly \$20.00 a year. The Security Savings Bank offers you several attractive methods of saving money, with safety and profit.

BY SHIP AND RAIL.

The traveler by the Southern Pacific route, journeying to New York, has the choice of going by rail to New Orleans, and thence by boat, on 10,000 ton steamships, without extra fare.

HOW HONEY HEALS

HONEY is white, because it contains all of the colors of sunlight, in combined form. In ripening honey by the cool weather of fall the color molecules are caused to fall apart. In digestion each color molecule joins itself to a molecule of water, in order to produce its own particular degree of heat. Food becomes nutriment by the formation of the right number of these heat molecules.

When the molecules which are required by an organ are lacking, then the organ attempts to utilize heat molecules, which are the nearest to the heat required, and this slight irregularity in the degree of heat begins disease. The disease is communicated from the organ to the brain, and the brain communicates disease to the nerve, and the poisoning of the nerve causes a luxation of the spinal vertebrae.

If the luxation is corrected by artificial adjustment of the vertebrae, before removing the original cause, the poisonous nerve fluid continues to flow into the ailing organ. The brain poisoning substance is continued to be produced, and the result is the calcining and hardening of the brain cells. Luxation of the spinal vertebrae is caused by meats, sugars or fruits which have had their molecules destroyed or set in disorder by heat.

The first symptom of disease is loss of brain action, or disposition of the person to avoid thinking or studying on intricate subjects. He is always choosing the easy way. Heated foods expand into gas quickly, while cold foods reorganize by their molecules. The force developed from thinking is stored in the ganglia of the muscles, and is only called into action by the brain.

Muscles are heat organs, but the brain is a cold organ. When heat expands, it produces cold. When cold expands, it produces heat. Correcting the vertebrae without correcting the food tends to reverse these conditions. When they are reversed, the body gets fat. You cannot measure health by fat. Fat is evidence of weakening cells. It shows that the brain is loosening its grip from reason. Then appetite never would allow you to get well.

**THE RED RIPE HONEY MAN,
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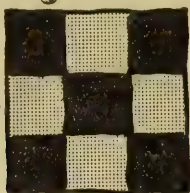
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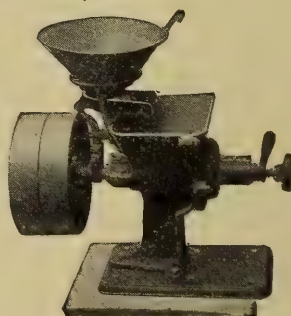
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Brain and Brawn

FEBRUARY, 1916

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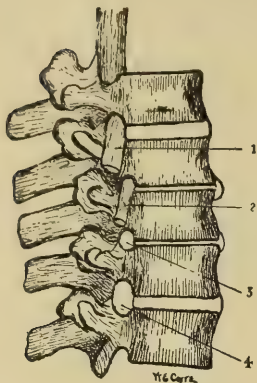
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Vol. IV

LOS ANGELES, FEBRUARY, 1916

No. 9

Arizona

TO those who, like myself, have tramped across its mesas behind a plodding burro, slept under a canopy of velvet sky, studded with diamond stars, and shared the simple hospitality of its prospectors and cattle men, there is a charm in Arizona that grips you, and calls to you in after years, even as the Bay of Mandalay called to Tommy Atkins. In the whirl and turmoil of the congested city, your memory often reverts to the wide mesas—miscalled “deserts”—dotted over with cactus and mesquite, and carpeted with bunch grass and wild flowers of brilliant hue. And when the sun sinks sullenly into the veil of smoky haze that forms the atmosphere of the big city, your heart yearns for the gorgeous moving pictures that every evening spread across the heavens, in sun-kissed Arizona.

Between 1881 and 1886 I spent over five years in what was then the Territory of Arizona, following various occupations—placer mining, running for county recorder, (my first and last venture into politics,) deputy sheriff, assistant in a mining assay office, and finally editing and publishing several papers, one a daily. At that time there was little demand in Arizona for health advice, most of those who did not die of old age passing away from the effects of lead or alcohol.

Arizona was then the “Land of Sunshine and Silver,” as I named one of my weekly newspapers. The sunshine is still there, in abundance, but copper has taken the place of silver, and horticulture is gradually supplanting cattle raising, in the watered valleys.

If, thirty years ago, any one had ventured to prophesy that on Thanksgiving Day, 1915, residents of Arizona would have been unable to obtain brandy for their mince pies, he would certainly have been deemed insane. A cocktail, or sometimes two, before breakfast, was the regular thing, and when acquaintances met, the “How!” of the Indian accompanied the draining of a convivial glass. Faro games ran openly, on the ground floors of buildings, in Tucson paying a license of \$30 a month to the municipality. At the keno game, in Congress Hall, the numbers were called off by the city assessor. The leading gamblers were solid men of the community, quite different from the “tin horn sports” of later days. Their word was as good as their bond, and they could always be counted on for a contribution to charitable or public spirited movements.

No state in the Union has a more interesting history than Arizona, reaching back to the early part of the sixteenth century. Tom Farish, whom I knew in 1886, when I was editing the Epitaph, in Tombstone, where he was something of a politician, is now State Historian. He recently sent me volumes one and two of a history of Arizona, com-

piled by him, under direction of the Arizona Legislature.* It is most interesting, especially to those who lived there in early days.

The first two volumes cover the history of Arizona from 1528 to the organization of the territory, in 1863. There are full details of Spanish explorations and missions, and of the Indian tribes and their raids. As in other parts of the United States, the history of these tribes is one of duplicity on part of some of the early white settlers, leading to recrimination and massacres. Cochise, for whom one of the Arizona counties is named, was a notable character, a sort of crude Napoleon, a man of great natural ability, and a fine specimen of physical manhood, about six feet two in height, with an eye like an eagle. He scorned a liar, and once said to Capt. Jeffords, a trusted friend: "Why do the white men lie? They need not do it. If a man asks you or me a question we do not wish to answer, we simply say: 'I don't want to talk about that.' " He was a consistent friend of the whites, until he was deceived, and one of his tribe murdered, through the inexcusable stupidity of an American officer. He then became their sworn enemy, and for more than twenty years waged a relentless war with them, costing the Americans over five thousand lives, and the destruction of a great amount of property.

Many of the Indian troubles have been directly due to their indulging in a debauch of "tiswin," an intoxicating beverage made from the mescal plant. Hence, it has been an object of the authorities to keep them from getting drunk. In olden days, ideas were different on this subject. In 1786, when the Apaches were troublesome, Gen. Ugarte, by order of the viceroy, endeavored, by unceasing campaigns, to force them to make treaties of peace. So long as they observed such treaties, they were to be kindly treated, "furnished with supplies, encouraged to form settlements, taught to drink intoxicating liquors, and to depend as much as possible on Spanish friendship." According to the historian, this dubious plan seems to have worked well. For over twenty years or more, there were only slight Apache depredations. Whether this was due to a subsidy of eighteen to thirty thousand dollars a year, or to the drinking of intoxicating liquors, or to "Spanish friendship," is not clear.

The two volumes contain fifteen portraits of pioneers, who came to the Territory before 1863, half of whom I knew, or know. Among them are Charles D. Poston, first delegate to Congress, genial conversationalist, who died in poverty a few years ago, in Phoenix, having been allowed a small pension by the Territorial government; Peter Kitchen, whose famous saying about what he found in Sonora has become historical; Sam Hughes, one of the earliest pioneers, still living in Tucson. His brother, L. C. Hughes, for many years editor of the *Star*, and governor of the Territory, died a few months ago. Charles Meyer—"Judge" Meyer—of Tucson, who had the honor of performing a wedding ceremony over me in 1884. Meyer Street, in Tucson, preserves his name. W. S. Oury, confederate and fearless Indian fighter. Peter L. Brady, graduate of Annapolis, and delegate to Congress, and others.

The "ancient and honorable pueblo" of Tucson is often referred to as the oldest—or one of the two oldest—cities in the United States,

*Phoenix, Ariz. Price \$3.00 for two volumes, charges paid.

its two rivals for this honor being Santa Fe, N. M., and St. Augustine, Florida. According to Mr. Farish, the claim is unfounded. He says:

"Tucson has been regarded as a more or less prosperous town from a very early date; some writers dating its foundation in the sixteenth century, but as a matter of fact, it was not heard of, even as an Indian rancheria, until the middle of the eighteenth century, and it was not a Spanish settlement until the presidio was moved there in later years."

I shall look with much interest for the succeeding volumes of this history, bringing the story down to times of which I may say, with Virgil: "*Quarum pars fui.*"

Cheap Labor is Expensive

LAST month I pointed out that the entry of ignorant cheap foreign laborers to the United States lowers the standard of living, and often causes labor disturbances, that entail much expense on society. We had a striking illustration of this last month, in Ohio, when rioters used dynamite, destroying a great amount of property and a few lives. The twenty thousand foreign workmen, who created this riot, are said to have been moved by outside influences. Such men are easily influenced by designing persons. They represented 23 different nationalities, speaking almost as many different tongues, harboring revenge, hate, racial and national prejudices, and religious differences. Few of the men were members of a labor union. Not half of them were able to speak the language of the other half. They are a mixture of Greeks, Italians, Poles, Turks and Croatsians. Most of them have been in this country less than two years. They work hard, long hours, for low pay.

The strike and riot was a direct result of low wages and long hours, according to a report of the committee on industrial relations, made public here today. The report charges that the average yearly wage of the steel workers at Youngstown in 1915 was \$500, and it is pointed out that the lowest possible living wage is \$700 a year. It is also alleged that the Youngstown strike would have marked the beginning of a series of such uprisings throughout the steel industry of the United States if the United States Steel Corporation had not announced a general increase in wages. The report charged that full responsibility for the economic situation rests with the United States Steel Corporation, which has been making unheard of war profits.

While one person out of every six in the State of New York is an alien, one person out of every four in New York's insane asylum is an alien, and one convict out of three in the State's prison is an alien.

Imported cheap foreign labor is a greater menace to the United States than imported cheap foreign goods.

One of the manifestations of American character which deserves more attention and more opposition is the tendency of highly energized moralistic minorities to regulate how all of us shall live. This does not confine itself to the restriction or punishment of action injurious to others, but proposes to regulate much of what, in a free country, is supposed to lie within the domain of private conscience.—Chicago Tribune.

The Cancer Scourge

EUROPEAN dispatches, frequently denied, and as frequently repeated, state that Emperor William is suffering from a cancerous affection of the throat, the same disease of which his father died, after several operations, and much suffering.

Disease is not hereditary. If it was, we should all have been dead a very long time ago. A tendency to disease is hereditary, and those whose parents or grandparents have died of a disease, should take precautions, to avoid errors that may cause them to acquire the ailment.

The remarkable increase in the prevalence of this awful disease is beginning to attract widespread comment and inquiry. Within ten years, in the leading countries of the world, deaths from cancer have increased twenty per cent. In thirty years they have increased 100 per cent. There are three causes for this: 1: diet; 2: serums; 3: worry.

(1.) Diet. The increase in what is called "good living," and especially in the consumption of flesh foods, is one of the direct causes of cancer. The late Nicholas Senn, a Swiss by birth, regarded as one of the most eminent American physicians, declared, as a result of investigations in Central Africa, that he found practically no cancer among tribes noted for their moderate eating. Dr. Bell, of London, has had much success in treating cancerous patients with a non-flesh diet. At the recent meeting of the American Medical Association in San Francisco, Dr. William Mayo, a wholesale operator, of Rochester, N. Y., told his hearers that diet was a first essential in the prevention and cure of cancer. Dr. Rodman, president of the Association, and Dr. Ochsner, of Chicago, an operator in cancer, together with most of the members, expressed agreement with this conclusion. If the statement had been made by a despised dietitian, he would have been denounced as a quack, as was Dr. Bell, of London, who recovered judgment for \$10,000 damages against the head of the Royal Institute for Cancer Research, and the British Medical Journal, for referring to him as a quack, because he said that cancer can be cured by diet. I have been making this statement, in print, for over twenty years.

Following is an extract from a letter to the editor of the Journal of the Society for the Prevention and Relief of Cancer, London:

"The Imperial Cancer Research Fund has issued its thirteenth annual report. Nothing of the slightest interest to the unfortunate sufferers from the disease can be found in it. No suggestion of the most distant prospect of any cure or preventive emerges from all the thirteen years of dreary propagation of the disease through countless thousands of living animals."

However, physicians continue to repeat, parrot-like: "An early operation is the only chance." Why do they keep saying this, when their own literature shows that, on an average, only one out of 200 cases operated on recover—and then the disease was probably not cancer? Moreover, after an operation, the disease always returns in more malignant form. Many operations are performed on growths that are not cancerous. As, for instance, there is the cruelly false assertion, I have frequently denounced, that "every lump in a woman's breast is a cancer," whereas, at certain periods of her life, a woman is quite likely to have such non-cancerous growths, for a time.

When you think of it, how absurd is this idea of the possibility of extirpating a cancer with a knife. Try to pull a plant out of hard ground, while saving all the rootlets. Can you do it? No. Not only this, but a little poison from the knife will start the cancer again.

Why, then, do doctors continue to give this false advice? Partly from ignorance, and partly, I am sorry to say, because of the money they derive from such operations.

(2.) Serums. The second cause of the great increase in cancer is the wholesale poisoning of the blood of the human race with animal filth, in the shape of serums. Formerly, this was only done as an asserted cure for smallpox. Now, it is used for a dozen other diseases, and more are constantly being added.

Unvaccinated people rarely have cancer. Switzerland, highly vaccinated, has twenty-five cases of cancer, where there is one case in semi-civilized Ceylon.

(3.) Worry. Worry, alone, will not cause cancer, any more than will smoking, or bruises. When, however, there is a tendency to the disease, worry may bring it on. People who are cheerful, and laugh much, seldom suffer from cancer.

The medical fraternity admits that it has been unable to find the germ of cancer. Of course not. There is no germ. Cancer is due to an abnormal condition of the tissues, and that, again, is due to the three causes I have named. Under milder conditions, these causes may only produce tumors, or boils.

This is the course of a cancer of the stomach:

(1) Stomach fermentation, due to the eating of wrong food or the mixing of incompatible foods. (2) Stomach acidity. (3) Stomach catarrh. (4) Stomach ulcer. (5) Stomach cancer. Cancer of the stomach is most common, because the disease originates there, although it does not stop there. When you notice the early symptoms, remove the cause, not by "dope," but by diet. If you try to suppress the symptoms of dyspepsia with "digestive tablets," you invite Trouble, and Trouble seldom refuses an invitation.

The poultice treatment of external cancers, a painful process, is effective, but the cancer will return, if the conditions that have led to its formation are not remedied, for the cause lies in the blood. Cancer is no more a local disease than the pustules of smallpox or a boil are local. Sir Astley Cooper, the great English surgeon, said: "A doctor who considers cancer as a local disease has a poor conception as to what cancer really is."

Cancer may be cured, if it has not progressed altogether too far. Even then, life may be prolonged, and suffering lessened. There is only one cure. That is a prolonged fast, or a "fruit fast," eating nothing but fresh fruit, thus giving the blood an opportunity to cleanse itself, and eject the impurities, or transform them into healthy tissues. After that, a temperate, non-stimulating dietary must be adopted. To some, this may seem a high price to pay, but I should think that few would hesitate, where it is a question of dying from a disease that, next to leprosy, is the most awful punishment visited on men and women for wrong living.

It is of more importance to be liked by those who know you well, than by chance acquaintances.

An Old Map

I HAVE an old map of "America; with those Knowne Parts in that Unknowne Worlde, both People and Manner of Buildings Described." It was sent to me by a brother, in England, now deceased. He was an expert in old books. It is fifteen by twenty inches in size, printed in 1626, "to be sold in Popshead-Alley, against the Exchange, by G. Humble." That was the year the Dutch paid \$24 for Manhattan Island. It was eighty-four years after Cabrillo discovered California, and seventy-one years before the beginning of the Jesuit mission system in lower California, which later spread to upper California.

On the map, upper and lower California are shown as one island, extending from Cape Mendocino, on the north, to Capt St. Lucas, on the south. Among points noted are Port San Diego, Canal of Santa Barbara, Pt. Conception, and the points—or ports, of Monterey and San Francisco. There were, of course, no settlements at these places in that early day. Santa Catalina and San Clemente Islands are marked.

Bordering the map are well drawn steel engravings of male and female figures, representing natives of Greenland, Virginia, Florida, Mexico, New England, Peru, Brazil, and the Straits of Magellan. Several are nude, and with no attempt at anatomical evasion, for that was not an age of prudery.

On the back of the map is a "Description of America." The ink is as black as if printed last week. Some of our present-day publications will not be as well preserved, in the year 2204. The only reference to California is in a seven line paragraph at the end, as follows:

"The Ilands of America on the West in the Pacifick Sea are not many of much account. (1) The chiefe is California, an Iland of about 500 leagues from the North Cape, Mendocino to the South, S. Lucas, which enters a little within the Tropick of Cancer. (2) Insulae Salomonis, supposed by some to be the Land of Ophir. (3) Insulae Latronum, named from the Natives theft, who stole Magellanus Cockboat when he first entred it."

If Mr. Humble, who published this map in Pope's Head Alley, could come back and see this "Island of the West," as it is today, he would be surprised.

Ancient Names Revived

MANY names of ancient places are cropping up, in newspaper dispatches from the eastern end of the wide seat of war. There is Salonica—sometimes printed "Saloniki" the Thessalonica, to whose Christian residents Paul wrote two letters; Bagdad, sacred to the memory of our boyhood friend Haroun al Raschid, and Jaffa, where the Crusaders landed, on their foolish quest to free from the Saracens the tomb of the Savior, now guarded by Turkish troops, to prevent Christian sects from tearing each other to pieces. It may even be that the Armageddon of the war will be fought on the supposed site of the Garden of Eden, thus realizing a dream of John, as told in the Revelations.

My Introduction to Arizona

THIRTY-FIVE years ago, finding myself foot-loose in San Francisco, I accepted the invitation of a friend, and went to Arizona. There was a big boom on just then, in Tombstone, following the discovery of the silver mines. We did not, however, go to Tombstone, but to a place in Pinal county, formerly called Picket Post, but advanced to the more metropolitan title of "Pinal City," where my friend had an uncle, engaged in the practice of law. Pinal City was founded, and entirely supported, by the twenty-stamp Silver King mill, five miles distant from the mine. This was the most wonderful native silver mine ever known in America. The company once distributed silver dollars, coined from the silver without refining. The late Aaron Mason, who was then superintendent, would sometimes come down from the mine with long bands of wire silver strung around his sombrero. His nephew built the Mason opera house, in Los Angeles, with Silver King money. Times were flush in Pinal City in '80 and '81. Mill hands got \$4 a day for eight hour shifts. But then, drinks were 25 cents apiece, and other "necessaries" in proportion.

The Southern Pacific railway was then completed to Casa Grande, at which point I alighted, and the next morning started on a 60 mile stage ride to Pinal, over a fine, hard, natural road. To the west were visible the ruins of the Casa Grande, of mysterious origin and unknown age. Florence, county seat of Pinal county, is about half way. Just after dusk, we arrived at our destination, and I was immediately confirmed in my opinion that I had reached the "wild and woolly west."

As I alighted from the coach, several pistol shots rang out. It appeared that two Chinese merchants had been badly shot, in a tong quarrel. There was no physician in the camp. There was, however, a druggist, who, of course, was called "Doc." In Arizona, in those days, every druggist, or chiropodist, or vendor of eye glasses, was a "Doc," and every half-baked lawyer was a "Judge." This man knew about as much in regard to the human body and its functions as a cow knows about astronomy. He was called to attend the Chinamen, whereupon he proceeded solemnly to paste large pieces of sticking plaster over their gaping wounds. Naturally, they soon gave up their respective ghosts.

These Chinamen were quite well-to-do, and their compatriots determined to give them a proper send-off, a l'Americaïne. There was in town an ex-college graduate, who had wandered a long way down the Road to Ruin. His chief occupation at the time was hanging around bar rooms, waiting to be invited to take a drink. He was engaged by the Chinese, for a remuneration of ten dollars, to read a burial service over the plastered remains. Quite a crowd gathered around the grave, and many of them were unable to keep their countenances straight, when this young fellow, standing by the open graves, without so much as a suspicion of a smile, proceeded to read an act of "Pinafore." It was all the same to the attending Chinamen, who were perfectly satisfied.

Pinal City, like so many other mining camps throughout the west, has long been but a ruin, and a memory of buried hopes. Only a few old timers in Arizona have even heard of the name.

How to Grow Old and Keep Young

A FEW weeks ago, in Los Angeles, three old men gave a talk on "How to Live One Hundred Years." Their advice, as condensed in the Los Angeles Tribune, was as follows:

Live simply. Eat plenty of potatoes and oatmeal. Don't take time to be sick. Give the drug store the go-by. Don't stuff. Don't eat meat. Don't drink coffee, tea or stimulants of any kind. Smile, laugh, breathe deeply.—Dr. Andrew M. Morrison, ninety-five.

Breathe deeply and breathe pure air. Sleep out of doors. Always sleep on the right side and avoid congestion. Always sleep with the head to the north, thus allowing magnetic currents to pass through the body. Avoid hot cakes, pepper and animal food. Exert your will power and put your faith in God.—Dr. J. M. Peebles, ninety-four.

Never use tobacco or take intoxicants. Drink a cup of hot water the first thing in the morning, but forego tea and coffee. Banish worry and keep cheerful. Eat only two meals a day.—Rev. S. H. Taft, ninety.

There are good suggestions here, and some that are open to criticism. A diet composed largely of potatoes and oatmeal contains too much starch. As to sleeping with the head to the north, that, I think, is "not proven," although I am willing to admit that there may be something in it. The temperate use of tobacco and alcohol, after forty years of age, will not prevent an old man from prolonging his youth. The main thing is not to over-eat, and so accumulate waste products, that clog the arteries and stiffen the muscles. Also, you should get plenty of sleep. An examination, by insurance men, of 300,000 deaths, showed that not one man who was decidedly over weight died of old age.

On the mental side, you should mix with young people, cherish young thoughts, unbend the brain as well as the spine, and have a hobby. Cultivate kindliness, and above all, avoid anger, hatred and jealousy. These are real poisons, physical as well as mental.

Dr. Virgil Davis, of Kansas City, made an investigation into longevity, interviewing 107 persons of great age. He discovered in the United States 381 men and 291 women 90 years of age, or over. There are, of course, many more than this. Indeed, I should say that there are in the State of California alone, more than 672 persons over 90 years of age. We have quite a few in Los Angeles.

Dr. Davis' investigations showed that all persons who have reached great age lived—at least in the first part of their lives—out of doors, almost continually, and they always had ventilation in their sleeping rooms. A majority slept with their heads near an open window, every night in the year. Practically none indulged largely in tobacco, alcohol, coffee, tea, or other stimulants. All drank much water. Few took any medicine. All were cheerful and great laughers. All worked hard all their lives, including the millionaires. All were great sleepers. Heredity, he found to be a great factor, but environment is more important. A bad start in life may be overcome by proper development. Blonds have the best show in the old age contest, brunettes running a very poor second.

None of these old people ever over-ate. Few ate meat or fowl or fish more than once a day. Baldness was the exception. Practically all faced poverty and hard work, when children. Most of them are working actively, after ninety. All had a variety of interests, and

keep up their interest in things. Ambition for pecuniary wealth is found in few of those who have grown old. All are great readers. Their greatest joy in old age—and practically all say they have been happy during the past twenty years—is reading.

Our Merchant Marine

NEARLY 95.5 per cent. of the enlisted men in the navy are citizens of the United States, and the rest are mostly Filipinos, or from the country's other insular possessions. The navy has been Americanized, by getting young men from the farms, and from occupations not connected with the sea. This is well, but a navy is incomplete without transports, colliers, hospital ships, and other auxiliaries, and it is unwise to trust such ships, in time of war, to foreign born crews. Writing on this subject, in the *Saturday Evening Post*, Will Irwin says:

"From the standpoint of commerce alone, it would make little difference whether our new merchant marine were manned by Americans or by Lascars, Japanese and Chinese. But from the standpoint of national defense, it makes a great deal of difference. Though we increased our merchant marine by ten and twenty times, every ship in our service might be needed in time of war—probably would be needed. And we could not afford to trust colliers, auxiliary scouts, hospital ships and transports to crews of Orientals, owing us no allegiance. To build a merchant marine is to the interest of the nation's commerce, but to man it with natives is to the interest of the whole people. . . .

"The Seamen's Act is mainly an attempt to get American men back to the ocean, by making the ocean 'livable' for able-bodied seamen. We are talking of keeping the merchant marine which the war has thrust on us, of making a new beginning; and this is really an endeavor to start us right. It may not work, but it is important enough to deserve a fair trial. Yet how the ship-owning interests howl! What a fuss over the two or three Pacific ships which, unable to sail with Chinese crews, will not sail at all! Because we are Americans, and because the American game in public affairs has always been a very short game, none has looked at this question in the light of the shifting years to come."

John Delane, for 36 years editor of the *London Times*, showed that advertising is not necessarily dependent on the quantity of circulation, but on its quality. He showed that the influence of a paper is not in proportion to the number, but the intelligence of its readers. And finally, that though news should be procured as rapidly as possible, quickness is a poor substitute for accuracy.—*Christian Science Monitor*.

Physicians have located the greatest general cause of ill-health in poverty. The best work that civic and social organizations can do now is to co-operate for better wages, which will be followed closely by better living conditions and better health.—Maj.-Gen. Gorgas, Surgeon-General U. S. Army.

An Accident in Arizona

IN the southeastern corner of Arizona is Fort Huachuca. With its firs and junipers, and pure cold water, it presents a pleasing contrast to the cactus-covered sandy stretch, crossed by the transcontinental traveler, between Yuma and Tucson. Here, at the time of my story, was stationed the Nth cavalry.

Charles Hawgood came of an old Devonshire family. To get him away from the Jews, and the women, they sent him to the dogs. In other words, he was packed off to California, as a "remittance man." His quarterly allowance usually lasted three days, after which he lived for three months on free lunches, for which San Francisco saloons are famous, and the indulgence of his landlady.

One morning, following a quarterly spree, he shook himself, swore a big oath, took a final drink, tubbed, went out to the Presidio, and enlisted in a cavalry troop. He had graduated from a Shetland to a hunter, and was more at home in the saddle than in a rocking chair. That was eighteen months ago. He had made good, was liked by his officers, popular with his comrades, and was now a corporal at Huachuca.

The colonel of the Nth, a man well over fifty, with iron gray hair, and a square jaw, was a strict disciplinarian, devoted to his profession. Late in middle life, he had married the daughter of a comrade, a beautiful girl of eighteen. More often than not, an unwise thing to do. She was a born flirt, from San Francisco, where they would rather flirt than eat—and they are fond of eating. The life of an Arizona army post bored her, and she amused herself by bewitching the officers and then laughing at them. Nor did she stop there. All was fish that came to her net. Her approving glance had alighted on the manly young Britisher, with the face of an Apollo, and the figure of an athlete. He was susceptible, and became an easy victim, worshipping her at a distance by day, and dreaming of her at night.

It was a typical ending of an Arizona summer day, a scarcely perceptible breeze creeping lazily along, bearing away the remorseless heat, and bringing with it a faint perfume of the forest, mingled with a suspicion of far-away sage brush plains. The western sky was emblazoned by a flaming sunset, the like of which may only be seen in Egypt, or in a Turner painting. Aileen, in filmy white muslin and "baby blue" ribbons, reclined on a steamer chair, at the end of the wide porch, over which climbed a Madeira vine. Hawgood was waiting for an answer to a written message he had brought the Colonel, who was in his office, writing a reply. The woman beckoned to the soldier, and asked some trivial question, but her eyes said more—as he thought, far more. He was twenty-six, and of gentle birth, although she did not know it, and he was inexperienced in the ways of virtuous women. The blood surged to his face. Overcome by momentary passion, he made a move, as if to grasp her hand. She had, indeed, hooked her fish. Rising, she said, frigidly: "You forget yourself, my man," and passed into the house.

He recovered himself almost instantly. His message handed to him, he left, while she glanced from behind a window at his retreating figure, on her face a peculiar smile, half sneer and half query.

The silvery notes of a bugle, mournful, complaining, challenging, punctured the silence. A slight shudder ran through her, like a premonition of impending ill.

At sunrise, next morning, they found his body on the ground, behind the stables. Beside him lay a carbine, that he evidently had been cleaning. "Accidental death" was the official report.

Empty Titles

AMONG the honors conferred by King George, of England, at New Year's, was the making of William Waldorf Astor a baron. This is the fulfillment of Astor's ambition, which took him to England sixteen years ago, to become a British subject. The doubtful honor has cost him a good many of the dollars he receives from his New York rentals.

A London dispatch says: "It is gossip that some of the King's advisors entertain the belief that Mr. Astor's honor will be especially pleasing to Americans." The King's advisors are badly mistaken. No true American will be pleased to see this renegade adorned with an empty title. On the other hand, they regard Astor with contempt.

Compare this tuft hunter with Gladstone, who, throughout his life, steadfastly refused to exchange his true glory, as the Great Commoner, for the bauble of a peerage. The humblest American, who does his share to maintain the right of man to "life, liberty and the pursuit of happiness," is far nobler than William Waldorf Astor, Baron of the United Kingdom of Great Britain and Ireland.

Women's Clubs

THE "Lancer," of the Los Angeles Times, is rather severe on women's clubs. Here is an extract from a recent article:

"I have conscientiously investigated the activities of many of these feminine organizations. With a few notable exceptions, I never listened to such piffle in my life. If these ladies' minds have really expanded, under a dose of club membership, what on earth must they have been like before? Women have always seemed to me much too clever, in a general way, even when they were unlovely and unlikable, to find any pleasure in the specious form of piffle that is dished up to them, more than half the time, at the women's clubs. Individually, they seem to have plenty of sense, with rare exceptions, but collectively, pursuing culture via the half-baked paper read by a lady who has looked her subject up in the encyclopedia the night before, doing their own little affected stunts, jerking off their superficial little opinions on the works of geniuses, they do make a fellow despair of their collective intelligence."

What do the things that Dr. Osler preaches stand for? Fifty years hence, all his teachings may be overthrown by new discoveries. His whole doctrine is based on theory. Fifty years ago the scientists of that day imagined they knew all that was to be known of medicine; yet today their conclusions are overthrown by later discoveries.—Cardinal Gibbons.

Middlemen and Speculators

THE result of the war, that will probably be felt after the war is over, is a restriction of the "pernicious activity" of middlemen, and speculators in articles of necessity.

Middlemen are useful, in fact, almost indispensable, in our complicated and artificial mode of existence, but they absorb too much of the price paid by the ultimate consumer. As for the speculator in food products, he should be classed with the usurer, who is not commonly regarded as a desirable citizen. True, we have the example of Joseph, but he acted for the good of the people, as well as for the profit of Pharaoh.

In Austria and Hungary, strong measures for the elimination of the middleman, whose participation in commerce does not facilitate the distribution of necessities, are being adopted. Three Galicians, who had resold grain at a small profit, were condemned by an Austrian court, and heavy penalties of imprisonment and fines were imposed upon them. In the Hungarian legislature, a law has been introduced, according to which no person outside of trade or industry, or without the special permission of the authorities, can buy or sell, for the purpose of gaining profit through speculation, any food stuff or other necessity of life. This means that only a miller may buy grain, and only a baker flour, and then no more than what he will need for the requirements of his own business. The bill provides a maximum penalty of two years' imprisonment, and a fine of 20,000 crowns. Commenting upon this legislation, a Vienna correspondent writes:

"A lesson in economics is taught, which, as many here believe, will not be without beneficial influence after the war. The government's campaign against the 'useless middleman' and speculator is followed by the consumer with an interest and approbation not likely to terminate with the coming of peace."

Muzic

WRITING in an educational journal, Austin Bierbower expresses the fear that we are making too much of music. He says: "The enjoyment of music has a tendency to relax a person's aggressiveness, and make him passive." If that is so, after reading the latest news from the trenches, I say: "Bring on the band." Also, I imagine my wife would approve of a greater interest in music, on my part.

You may, of course, be intemperate in music, as in eating, or drinking, or working, or anything else, but I do not think there is any immediate danger of our becoming a nation of music drunkards. It depends largely on what you call music. A very little "ragtime" suffices me, and what is called "classical music," so far as it consists of different acrobatic stunts on a fiddle or piano, I neither understand nor enjoy. What is more, I venture to assert, that not one person in a hundred, of those who pretend to understand and enjoy such feats of agility, really do so, any more than they understand or enjoy the ridiculous "futurist" paintings. I do not, of course, refer to grand and glorious creations of the masters, that have melody, and therefore appeal to all normal souls, but to complicated fiddlings and strum-

gings. Like a prima donna's make-up, these efforts should be reserved for the privacy of the boudoir. If music lacks melody, it is not music, it is only a noise, whether played by Ah Fong, in Shanghai, or Signor Tremolini, in Boston.

Raucous music, in a place where you go to eat and converse, is a nuisance, whereas occasional soft melody, from a couple of stringed instruments, hidden at the end of the room, behind foliage, aids digestion, while not interfering with conversation.

There is nothing new under the sun. Several thousand years ago, David, who was evidently a versatile actor, not only slew Goliath with a pebble, but also tamed Saul with a harp. Nowadays the healing power of music in mental ailments is slowly being recognized, in a few of our public institutions. Perhaps, 'ere long, when you go to an eminent "alienist," he will prescribe "Nancy Lee," or the "Swanee River," according to whether you need a tonic or a soothing draft. In Philadelphia, they are even performing surgical operations to musical accompaniments. In such cases, the "Dead March" from "Saul" would often be an appropriate tune, or perhaps one of my favorites, the "Funeral March of a Marionette."

I close these "cursory remarks" with a quotation from Martin Luther: "I have no pleasure in any man who despises music. It is no invention of ours; it is the gift of God. I place it next to theology. Satan hates music; he knows how it drives the evil spirit out of us."

Surface Reformers

SURFACE reformers live off the rich directly, and the middle classes indirectly, therefore, never strike at the real enemy.

Surface reformers, like charity, take away more than they give, and actually gain a livelihood by surface reforming, beclouding and hiding the real enemy.

Between 20,000,000 and 30,000,000 civilized and Christianized United States citizens are constantly within 30 days of want or the fear of want; within 30 days of charity, and crime, and prostitution, and suicide, yet surface reformers may not inform the working class voters as to the real cause.

It is grand to help to create funds to "stamp out" ever increasing tuberculosis, but tuberculosis is mainly due to lack of proper food, shelter and clothing. The evils of liquor, opium, and other habits, are chiefly superinduced by poverty.

Forget the surface reformers, and become students of economics. Then you will learn that just laws are all that you need. And the most important of such laws is the "single tax" on land values.—John M. Benjamin.

There is nothing like a sense of humor to help us in taking the larger view of life, because it helps to keep things in their proper perspective, and never lets us get discouraged. It will often restore the balance, where everything else fails, and it affords the finest kind of healing balm to the wounds made by ridicule.—Christian Science Monitor.

A Dietetic Lesson from the War

ONE war experience is specially illuminating and instructive. In August, 1914, the German war cruiser, *Kronprinz Wilhelm*, started out on her campaign to destroy English and French ships. During 255 days she sank fourteen vessels. Each time she helped herself to the best meat, the richest food, the canned vegetables, sweet cakes and other "goodies" on board these vessels.

As a consequence, these five hundred men lived on the fat of the land, as they never had before. They took on board enough meat supplies to furnish each man three pounds a day, to say nothing of all the other rich food. They certainly had what too many people yet consider a "strengthening diet." What was the consequence? Ere long, this magnificent German cruiser was compelled to put in at an American port, not because of English or French guns or submarines, but for exactly the same reason that forces a lot of people who live the same way on land to "put in" at some hospital.

Beriberi, a disease that never happens excepting when the diet is wrong, broke out among them, and 110 contracted it. Some of her crew began to complain of swollen ankles, some fancied insects were crawling over their skin, or they experienced peculiar fibrillar twitchings of certain muscles; some had pains in the nerves and legs, others had curious disturbances of vision, hearing, taste, smell and memory. In short, they were suffering from too much acid in the blood, and it was beginning to eat up their nerves, and destroy their health generally.

It is the same thing that is destroying health on land, only such cases are considered "dispensations of Providence." It is this same unbalanced ration that is working havoc in our American homes. For every case among the five hundred men on that ship, there are thousands of individuals in the same condition, in every state in the Union. Why should there not be, when the dietetic conditions are practically identical?

The food with which those German sailors gorged themselves is precisely the diet used by people who are "living high" today, and more and more folks are aspiring to live in that style.—*The Life Boat*.

I pity bashful men, who feel the pain
Of fancied scorn and undeserved disdain,
And bear the marks upon a blushing face
Of needless shame, and self-imposed disgrace.

—Cowper.

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good: myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy—if I may.—*Stevenson*.

Enforced idleness of mind and body is the enemy, the arch age maker. He who is past middle life must wage relentless war against that mental poverty, that physical sluggishness, that drying up of the spirit, which mark our surrender to all the forces to stagnation.—*Colliers*.

Briefs

Francis Joseph has not been dead lately. What's the matter?

A movie making party escaped, on snow shoes, from starvation, within 100 miles of Los Angeles.

Mrs. Lopp, of New York, has sent 12,000,000 cigarettes and 200,000 pounds of tobacco to French soldiers. She received a gold medal from the French government.

Emma Goldman lectured on "Anarchy," before the Civilas Club, of New York, one of the leading women's clubs of the United States.

It is said that bachelors in Los Angeles clubs have been pestered by merry widows. And this is Leap Year.

In the Austrian trenches, schools have been established, in the French trenches, the government has provided vaudeville troupes, and in the Italian trenches steam heat is furnished.

After the war, there will be, in England, Germany and France, about 5,000,000 more women than men. Polygamy or immigration.

An ardent woman suffragist in New York, who has a beautiful back, had "Votes for Women" painted on it, in large letters. What will the women do next?

Lack of German dyes has affected American candies. Too bad.

A Los Angeles man, who went to work in a Russian government factory, threw up his job, because he was expected to multiply the expenses by two.

Rastus Edgett, 92, of Williams, Cal., died after a 14-day fast. A man of that age should not fast long.

A London library has withdrawn from circulation all fiction, until after peace is declared. Foolish.

A writer says there are 2,000,000 hoboes in the United States. That would be about ten per cent. of the able bodied males, which is manifestly absurd.

An Indiana woman, getting a divorce from No. 13, said she will marry No. 14 as soon as she can find him, and that men are easy to get. Yes, that kind.

A magnolia tree bloomed twice last year at Seegeberg, Schleswig, birthplace of my wife's mother. Far north for a magnolia.

A Los Angeles contractor got 60 days for beating his men out of their pay. Justice.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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War

MORE than a century ago, Mirabeau wrote: "La guerre est l'industrie nationale de la Prusse."

Yet, some Prussians realize the futility of war. A year before von Bethmann-Hollweg, German Chancellor, in a letter to a friend, said: "We have too much faith in force. We do not yet know that force, alone, is not sufficient to hold what force has conquered."

Preparations are already being made for an economic war, to follow this war, reviving the system of the Middle Ages; each nation building tariff barriers to injure one another; leading inevitably to another military campaign. Poor humanity!

Speaking in Congress, Senator Stone said:

"This world has gone crazy about war. There are those whose blood has become heated, and brains diseased, with war fever."

Senator Stone is right. He might have added that many of the loudest shouters for war, are not crazy, but merely selfish. The great mass of thinking people of every country do not want war.

Here are a few other expressions on war:

The race for the Abyss will leave of Europe only a beggar, crouching at a barracks door.—Gambetta.

A nation is like a bee. As it stings it dies.—Bernard Shaw.

Every war, however lofty its inception, becomes a "brawl in the dark" as it progresses, and its results bear no clear relation to the aim set at the beginning.—David Starr Jordan.

In a Washington dispatch, Harry Carr writes:

In considering the future, let us put aside this sentimental rot about the "friendship of nations." Nations do not have friendships. Nations have common interests. They fear the same enemies. They wish to share the labor and expense of securing certain results that happen to be mutually beneficial. Then they are friends. They both chance to want the same thing—then they are enemies. When one feels strong enough to take away something another country has, then there is war.

Yet it is only through this "sentimental rot" that we may hope to end the horrors of war. Why should nations, in this advanced age, tear each other to pieces, any more than individuals?

We cannot hope for the blessings of "peace on earth and good will to all mankind" until we abandon the privateer Patriotism, and board that stately craft the Brotherhood of Man.

Henry Ford

HENRY FORD'S expedition has been made the subject of much cheap witticism. Ridicule is a handy and convenient weapon. All would-be Savors have suffered from it. Then, they were usually killed, by crucifixion, boiling in oil, beheading, hanging, or some other unpleasant process. Now-a-days, we stop short of that. We save our Savors and would-be Savors for mental vivisection.

Ford has certainly invited criticism. His peace movement was ill considered and ill-organized. His party was a mental menagerie, composed of individualists, thrown together in a floating cage. Yet, the expedition may, after all, start something going in the right direction. More wonderful things have happened.

Ford, himself, is a good man. By his efforts, he has acquired great wealth, and is anxious to help his less fortunate fellows, a weakness that should not too severely be condemned.

One of his friends thus describes him:

A man of almost boundless ignorance, outside of his mechanical specialties; of no education, and less-read than the average school boy. A man of sweet and lovable disposition, generous and philanthropic. There has been an extraordinary change in Henry Ford in the past year, from the time the President sent for him to interpret the state of the country.

I sometimes wonder whether we should read so many cheap jokes about Ford and his machine, if he advertised, like other automobile manufacturers?

Curbing the Get-Rich-Quicksters

THE so-called "Blue Sky" law, of California, is proving its worth. A Los Angeles mining company advertised grossly exaggerated statements. It was told to retract publicly, or stop selling stock. A quarter page retraction—previously approved by the State Corporation Department—was thereupon published, in a Los Angeles paper. In it the company "passed the buck" to an "enthusiastic advertising writer."

It is one of the duties of a good government to safeguard, to a reasonable extent, fools and imbeciles, from the consequences of their folly. Hundreds of millions of dollars are lost, in this country, every year, by credulous investors in advertised get-rich-quick schemes, not one of which in a thousand yield up a penny of dividend or principal.

The "Blue Sky Law" will help, not only investors, but those who have honest enterprises to offer to the public.

If all praised me—if none bitterly condemned some of my writings—I should consider myself a failure.

Fanatical Prohibition

IN Seattle, the prosecuting attorney gave notice that the sale of a non-alcoholic drink, which looks, smells and tastes like beer, but contains no alcohol, is forbidden. Yet, this malt tonic is more wholesome than tea or coffee.

Such fanatical measures bring the cause of true temperance into discredit and contempt, and invite the inevitable reaction that always follows. Ten men and one woman died in Seattle, during the first week of January, from drinking wood alcohol.

An Expensive Luxury

SECRETARY REDFIELD says the country is now in "the most prosperous state of its history," but that we must prepare for a slump, after the war is over.

Cheerful outlook! During the past two years, a few thousand Americans have been making fortunes, in the manufacture of war munitions—incidentally antagonizing a European nation, and threatening us with foreign complications—while the rest of us have been struggling with hard times, due to the war, and now we are told that we must prepare for a slump, after the war is over.

War is an expensive luxury, even to neutrals.

There are few more despicable men than those who, for selfish reasons, stir up jealousy, hatred and strife between nations.

When I occasionally hear people complain about the climate of California, I wonder why they do not go back East. The fare is high, but not prohibitory.

Like other editors, I occasionally hear from an anonymous letter writer. These cowardly sneaks waste their time on me. I always look first for the signature, and if it is not there, the letter goes into the waste basket, unread.

A Sonnet of Spinsterhood

SOME women walk the way of life, unwed,
Nor ever lose the yearning for love's prize:
When early charm and time of hope are sped,
Still gleams love's sweet expectance in their eyes.
And others strive to cozen time's decree,
Veiling with artifice the face of truth.
And evermore with outworn gayety,
Flaunting the tattered banners of their youth.—Snow Longley.

Brooklets

Some use religion as a cloak, some as a uniform, and a very few wear it as an everyday garment.

* * *

Adversity may be a good school, but I notice that many of its graduates are cold, and hard, and bitter.

* * *

Did you ever hear of "bad health?"

* * *

One of the worst things that can happen to a writer is to have a good woman "tidy up" his den.

* * *

Children taught to believe that Santa Claus comes simultaneously down every chimney in the world are prepared, when grown, to accept the omnipresence of God.

* * *

Indulge your stomach occasionally but don't insult it daily.

* * *

A man with an active liver deserves no credit for being good natured. He can't help it.

* * *

Some women find it as hard to pass a "movie" as some men to pass a saloon.

* * *

"Pictures of health" are often tinted sepulchres, full of corruption, collapsing like pricked bubbles, when attacked by disease.

* * *

If a State demands that its mothers breed, it should undertake to support children, when the parents are unable to do so.

* * *

To make a city larger is comparatively easy. To make a city better is a man's job.

* * *

You despise a disreputable drunkard, but have you no respectable vices, that you would find it hard to abandon?

* * *

If newspaper men were permitted to write only what they understand, newspapers would be better reading.

* * *

In diagnosing appendicitis, Dun and Bradstreet are regarded as the best authorities.

* * *

Every foolish girl, who gets a dollar for appearing in a mob scene, is thenceforth a "moving picture actress."

Stimulate Your Skin

TAKE care of your skin. How? Take a bath every morning. Do not stop with a bath, however; for the bath is the most unimportant part of the procedure. The rubbing is much more important. What does the rubbing do? It carries the surplus blood to the surface of the body. The skin is intended to carry a certain amount of blood. Indigestion interferes with that. When you have irritation in the internal organs, blood is conveyed to that region. Blood always goes to the point of irritation. So, if the gas pressure from indigestion produces irritation of the ovaries, or the lower part of the abdomen—the pelvic region—there will be a determination of blood to that point, bringing about an engorged condition; and the more engorgement there is, the more the patient suffers; and the more the patient suffers, the more indigestion there will be. Wheels work within wheels, and the previous indigestion that came from improper eating is now intensified by the engorgement. Then there is a real congested condition. On account of the pressure, the organs are pushed out of their natural position. This interferes with the circulation again.

There you have the beginning of the development of tumors. Why? Because you have a congested condition. The blood is carried to the part, but the return circulation is interfered with, on account of the malposition. The parts begin to get too large. The larger they get, the more the circulation is cut off, and the more the tumor is inclined to grow. Blood is carried in, but it cannot be carried back. Arteries are deeper than veins. Arteries force the blood into the parts, and the veins fail to carry it back. From engorgement you get your tissue-building that is on the order of tumor-growing, and in a few years a woman in this state grows a large fibroid tumor.

The surface of the body should be compelled, by constant rubbing, to bring its quota of blood to the skin. This relieves the engorgement. It is the same as bleeding the tumor. Sponge the surface of your body, and follow with rubbing. People will say that they do not have the conveniences; they do not have the bathtub. "Where there is a will there is a way." You do not need a bathtub. I have told you that the bath is the least important part of it. Sponge your body off quickly, and then take a coarse towel and follow with a good friction rub, or use the friction mittens and go for yourself. See that the blood is forced into the skin by stimulating the circulation of the surface of the body. As I have said, that is the same as bleeding the tumor. You will stop the tremendous growth in a short time. Why? Because you have carried the blood away from it.

Supposing it is not a tumor from which you are trying to take the blood. Suppose it is a catarrhal inflammation. If you neglect the surface of the body, you will get engorgement there. The more you neglect the surface, the more inflamed any internal point of irritation becomes. Then follow inflammation and ulceration, and the ulceration may become cancer. It all gets back to carelessness in care of the body, and improper eating.

Neglecting the skin is a habit. There is nothing that will age the face like neglect of the surface of the body. You can get all the

cosmetics you please; you can use all the massage you please; you can spend your entire time with vibratory treatment to the face; but if you neglect your body, the face will age. It is the index. So, if you want to keep yourself beautiful, use less cream on your face and more muscle on your body, rubbing yourself down. Don't be afraid to rub yourself.—J. H. Tilden, M.D.

These are excellent suggestions. And while you are doing this, you are giving your skin an air bath, which is more natural and more important than a water bath. Especially, if you can do it where the sun shines. Sunshine is the best stimulant for the skin.

After the friction, I recommend a thorough oiling of the body, with a good oil. The skin of old people tends to become hard and dry. This practice is almost as old as history, but has been lost sight of by occidental peoples.

The Arizona Miners' Strike

BECAUSE Governor George B. Hunt, of Arizona, would not permit the importation of strikebreakers and gunmen in the copper mining region, where 5000 miners have been on strike, petitions were circulated by the mine owners seeking his recall. The chief owners are Cleveland H. Dodge, William Church Osborn and some other New York multimillionaires.

The situation has been investigated by the industrial relations committee of Washington, D. C., which is authority for the statement that whereas in Colorado disorder and slaughter unparalleled followed the importation of strikebreakers and gunmen by permission of Gov. Ammons, in this Arizona district there has been profound peace. The miners preserved order and the sheriff assisted in the distribution of supplies to the miners' families.

The principal corporation involved in this strike, the Clifton-Montmorency Company, owned by Phillips-Dodge & Company, earned in 1912, 23 per cent. on its capital of \$45,000,000, and paid a 15 per cent. dividend. Since then, owing to the war, the price of copper has advanced greatly. The companies for many months refused arbitration, or any consideration of the men's demands.

Copper mining, in the lower levels, is an unpleasant, arduous and dangerous occupation.

The strike was settled, by agreement, on January 24.

No "Frightfulness" Here

THE dogs of the army hospital service have had a hospital provided for them in Jena, and already a number of dog patients have been treated there, for wounds and various ailments. The hospital was built by convalescent soldiers.

So far, during the war, the dogs of the service have rescued at least 3000 wounded soldiers, who otherwise would have perished.—Berlin dispatch.

If you want some appetizing and nutritious meatless dishes, that will fool your friends into believing they are eating meat, you should read Dr. Lindlahr's "Nature Cure Cook Book." It is included in the list of "Good Books on Health."

An Active Old Boy

FOLLOWING is an extract from a letter to the editor of the Good Health Clinic, by D. Edson Smith, vegetarian octogenarian, of Santa Ana, Cal., whom I have known for over 26 years:

"I have grown from an ill-begotten, puny, feeble, pain-racked mortal to a vigorous youngster of nearly 80 without an ache or pain. Am very busy every moment and walk from six to ten miles daily. Can stand on either foot and scratch the top of my head with the big toe of the other foot. Or stand at the edge of a stream of water and drink from the stream, without touching the ground with any part of my body excepting my feet. Stand upon a table and put my chin under its edge. And my friends declare I am growing younger every day."

Smith did some of these stunts, at my house, several years ago, and surprised my wife. How many flesh eaters, of half the age, could display equal agility?

A Thirty Day Fast

JRAY ADAMS, clerk to the senate committee on woman suffrage over which Senator Thomas presides, tomorrow will break a thirty-day fast.

In the thirty days that Mr. Adams has abstained from food of any kind, he has taken a glass of hot water each morning and cold water during the day.

He has lost little weight and says he feels very good, better, in fact, than for many months previous to beginning the fast. Mr. Adams has not been absent a day from his work.—Washington dispatch.

Celery Root

CELERY contains a large proportion of the mineral elements. There is one form of celery that is comparatively little known in this country, although it is common in Germany. This is the eating of celery root. It is about the size of a large beet, and tastes like a coarse turnip, with a distinct celery flavor. Occasionally, I manage to buy, at a store, a few roots, imported from San Francisco. I have heard that they cannot be raised in Southern California, though this seems preposterous, as we have so many different soils and climates in this section.

To prepare celery root, boil it in the skin, until it is tender, peel, slice thin, and then use it as a salad, with an appropriate dressing. Or it may be eaten warm, with butter or other sauce. It is appetizing to those who like celery, and is wholesome.

Erratum: Last month, in the article "The Laughing Cure," I said the bowel contents "pass from the large intestine into the smaller." This, of course, should have been reversed.

Forty-five years ago, on the 18th of January, at Versailles, William I was proclaimed German emperor.

Forty Years Ago in Los Angeles

SPRING street, from Temple block to Court street, was crowded with shoppers today.

Pomona now has a telegraph office, and has been selected as the shipping point for the tin mines in that section.

The Wells Fargo express line to New Mexico is rapidly assuming shape. One hundred and twenty horses have been purchased for the service, and are now in San Bernardino county. The express company will operate stages from the Southern Pacific terminus, eastward.

There was shipped from Anaheim yesterday 280 pounds of sheep pelts, twenty sacks of beans, one box of walnuts, three cases of eggs, sixteen sacks of barley, and five sacks of castor beans.

As a measure of economy, the Council has declared vacant the position of city health officer.

The Temescal tin mines, located twenty-four miles southeast of Pomona, in San Bernardino county, are said to be among the richest tin mines in the world. Arrangements are now being made for their development on an extensive scale, early in the spring.—Los Angeles Express, December, 1875.

A Worthy Benevolence

THE Woman's Alliance Maternity Cottage, on Utah Street, Los Angeles, was opened eight years ago, and incorporated in 1909.

It is endorsed by the Municipal Charities Commission. It was established for the care of needy wives, during the time of confinement. Those that can afford it, pay a little. Those who cannot, are entertained free. Every effort is made to eliminate the idea of charity. Mothers are instructed in the care of their babies, and a friendly interest is maintained in them, after they go home.

An important feature of the enterprise is the "All Day and Night Nursery" for well babies. It is notorious that in some private institutions of this kind drugs are given to the children, to keep them quiet.

This is a worthy benevolence, deserving of support.

A Neutral Englishman

LET me show you the one Englishman in the world who is neutral. Dr. Harry Ellington Brook, editor of "Brain and Brawn."

He has too much of the first to warrant his discussing the great war when at home.

Mrs. Brook is a German.—Otheman Stevens, in Los Angeles Examiner.

We have received more than we need of March, 1915, and June, 1914. The offer made last month is withdrawn.

Cane Sugar

EVERY man, woman and child in the United States consumed, last year, an average of 86 pounds of sugar. No wonder diseases of the stomach and kidneys are rife.

Defenders of cane sugar often cite the fact that rations of sugar were supplied to the German army. They fail to add that the practice was abandoned, after it had been proved harmful. Like whisky, sugar is a temporary stimulant with a reaction. Here is an article from an exchange:

"A German scientist, before the war, advised the Germans to sell their sugar in England at a very low price, so as to encourage the consumption of sugar. His argument was that if sugar was cheap, the British would eat more of it and gradually the stamina of the British race would be weakened. He advised the Germans to get along with less sugar and eat more wheat. He advised giving the German soldiers sugars, chocolates and sweets whenever they are very tired or very cold. But for a steady ration—no.

"He declared that sweets satiate the body without furnishing or producing anything for a good physical development. He says that people that eat a lot of sugar are fat, soft and flabby. He is corroborated in what he says by Dr. Beck, who says also that sugar eating children get very hungry, are quickly satisfied with a little food, and in a short while are very hungry again.

"Finally, sugar eaters develop a lot of acid in their tissues. To neutralize this, lime is absorbed from other tissues. In consequence sugar eaters have poor teeth. Sometimes, in the case of children, they develop rickets—they are fat, but soft."

How Los Angeles Welcomes the Tourist

LOS ANGELES throws a sunny smile out to the world; it entrances and lures men from everywhere; to them it is an invitation to the diversions of a holiday. They come and are met at the depot by a flock of ordinances—gray clad, severe, admonitory ordinances they are. A cloud of frowning ordinances are at the hotel waiting for them. They go out to look around and, lo, more ordinances. They are on the point of doing this; an ordinance taps them on the shoulder. They turn to do that; an ordinance digs them in the ribs and sternly says, "None of that." They reel from the impact of one of these joyless and joy discouraging ordinances to be hit in the midriff by another, and then they make the inevitable discovery: Existence in Los Angeles is just one ordinance after another.—Los Angeles Review.

Members of a Pittsburg treating club treat each other only to neck ties, collars, and so forth.

Of the five and a quarter million people in New York, four and a half millions live in tenements.

The historic frigate Constitution is not to be broken up for junk. Congress has appropriated \$150,000 to repair her.

Mixing Foods

THOSE who eat only what the body really needs, and those who live active lives in the open air, having a contented mind and happy disposition, which give greater digestive powers, may combine foods as they please, if they do not mix their foods too much, or are satisfied with a plain, frugal meal.

Most people consume too much food, but by properly combining foods the harmful effects of over-eating may be somewhat obviated, and consequent diseases, such as catarrh, adenoids, polypus, etc., avoided. For best mental and physical development, however, it is absolutely necessary to live in the plainest possible manner. . . .

Those who believe a variety of food must enter into every meal most assuredly injure themselves, through too complex eating. We need replenishment by different foods, but it is not necessary to take them all at the same meal, or during the same day.—Dr. Margaret Goettler.

One of the Good Things of California

One of the most pleasant afternoons of my trip was that spent with Harry Ellington Brook, of Los Angeles, editor of BRAIN AND BRAWN. Here is a man who is devoting his life to teaching auto-therapy—nature cure—drugless healing—pure foods—the simple life and the uplift of woman, who is sometime going to be given the right to her own body. If you have never seen a copy of BRAIN AND BRAWN you have missed one of the good things of California. Miss Clara, his capable daughter, will send you one for a dime.—E. Elmer Keeler, M.D., in Good Health Clinic, Syracuse, N. Y.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	75c	April, Starved Nerves.....	\$ 75c
July, Human Gas Tanks.....	40c	May, Food.....	50c
August, Osteopathy.....	\$1.00	June, Waste of War.....	1.00
September, Epidemic Scares.....	75c	July, Food Value of Nuts.....	30c
October, Vivisection.....	\$1.00	August, The Bible.....	50c
November, Traffic in Girls.....	1.00	September, Fasting.....	30c
December, Crime a Disease.....	50c	October, Why is War?.....	30c
January, 1913, Vaccination.....	75c	November, Health.....	30c
February, Medicinal Foods.....	\$1.00	December, Christian Science.....	50c
March, Sausage Mills.....	75c	January, 1915, Human Slaughter	
April, Vegetarianism.....	75c	Houses.....	\$1.00
May, Race Suicide.....	75c	February, The Negro.....	75c
June, Civilization.....	75c	March, Woman.....	1.00
July, A, B, C, of Health.....	\$1.00	April, Tuberculosis.....	15c
August, Gambling.....	75c	May, Farming in California.....	15c
September, Sugar.....	75c	June, Eating to Live.....	15c
October, Medical Science.....	75c	July, Exercise.....	15c
November, Water Cure.....	75c	August, The Jew.....	15c
December, Climate.....	50c	September, Sectarianism.....	15c
January, 1914, Nature Cure.....	50c	October, Cause of Disease.....	15c
February, Cancer.....	75c	November, Automobiles.....	15c
March, Marriage.....	\$1.00	December, Protein Poisoning.....	15c

SPECIAL OFFER.—Complete Sets of above numbers, while they last, \$20.00 by express, prepaid. Each a complete booklet. Prices subject to change monthly. Send orders early, as they will not last long. Subscribers who wish to begin with back numbers should note prices.

Chamber of Commerce Building, Los Angeles, Cal.

Efficiency

COMMENTING on the case of a man who died after not missing his desk job one working day in 47 years, Clarence L. Cullen writes:

"Efficiency is the most important word in modern life, in the sense of on-the-jobness. But efficiency does not mean that its possessor must make a fetish of it. Generally speaking, the most efficient folk are those who are wholly unconscious of their efficiency. When we begin to make efficiency a mania we are inadvertently undermining our efficiency to just the extent of our adherence to the mania. Efficiency is a normal, not a morbid, virtue or quality. And the man whose efficiency or on-the-jobness is not improved by the right sort of a vacation simply does not exist."

Horehound

AN account of the war, the horehound herb, hitherto imported from Austria, has risen greatly in price. There are hundreds of tons of horehound growing on the hills in and around Los Angeles. Twenty or more years ago, a Los Angeles friend of mine, S. R. Henderson, hired some Chinamen, and gathered a carload of horehound on the hills of the Lanker-shim ranch, a few miles north of Los Angeles. He made a moderate profit on the venture. At the present price, it should pay well to gather and sell it.

Horehound is used extensively in candy and "cough drops," supposed to aid in clearing the throat.

Wilson in Good Company

ALL men achieving political prominence are the object of attack, necessarily involving not merely criticisms of their measures, but also of their character. Washington was accused of murder, treachery, corruption, hypocrisy, ingratitude, moral cowardice, and private immorality; Franklin was charged with theft, debauchery, intrigue, slander, and irreligion; while the manifold charges against Lincoln remain within the memory of many now living; and so there is nothing strange in the fact that Jefferson was accused of dishonesty, craftiness, slander, irreligion, immorality, cowardice, and incompetence.—From a Life of Thomas Jefferson.

Henry Swanbach, of Greenwood, Neb., the oldest Odd Fellow, is, at 100, as active as the average man of 60. He has smoked for 90 years, drinks whisky in moderation, but avoids meat and coffee.

Profitable Publicity

Experienced advertisers know that there is quality as well as quantity in circulation. Ten thousand copies, carefully read, do you more good than a hundred thousand glanced through and cast on a car seat, or in a waste basket.

Brain and Brawn is read and reread, from cover to cover, by thrifty people who think. They lend it to their friends. They read the advertisements also, and believe them, knowing they are censored.

It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

CHEWING.

What do you think about the following statement, which I clipped from a newspaper?—T. J.:

"The United States Department of Agriculture has been investigating the Fletcher idea of chewing the food for a long time, and reports that digestion is not aided by this process, and sometimes actually hinders it. Sixty-two subjects were examined in one series of experiments, and fifty in another, the results being practically the same. But it is advised that bolting the food, with very little chewing, brings on an irritation of the intestines, and is to be avoided more than too thorough mastication."

It is not stated on what food these subjects were fed. That makes quite a difference. Flesh food may be bolted. Carnivorous animals bolt their food, but then, according to my idea, flesh food is not a natural food for human beings. On the other hand, starch foods must be thoroughly chewed, so as to mix them with the saliva, and prepare them for the long process of digestion, including transformation into sugar, before they can be assimilated.

It is true that chewing, like anything else, may be overdone, but for one who chews too much, a hundred do not chew enough.

LOCAL SYMPTOMS.

J. W.—Never mind about your local symptoms. Do not waste time in treating them. Such local symptoms are merely an indication of disease within the body. For instance, eczema and other skin diseases are only surface expressions of a chronic auto-intoxication, neurasthenia is due to malnutrition and absorption of poisons from the intestine.

The body is one. When the blood is full of impurities, nature tries to get rid of those impurities in different ways, and doctors give these various methods of nature different high-sounding names, thus unnecessarily complicating a very simple matter. As you get your blood pure, by temperance and exercise, the symptoms will disappear, and you will feel altogether like a different man. By "temperance" I do not mean avoiding an occasional glass of beer or wine, but by temperance in all things—in eating, in work, and in the manifestations of the passions.

"CHANGE OF LIFE."

Mrs. A. K.—The climacteric, or "change of life," has become, under our artificial methods of living, a period of unnecessary fear to women. It is a natural change, and there is no possible reason why, under natural conditions, there should be any unpleasant manifestations. Among primitive races, suffering at this period is practically unknown. As you approach the time, carefully regulate your diet, and see that the various organs of the body—the bowels, kidneys and skin—work regularly, which they will do, if you give them a little chance. Then you need have no apprehension about passing peacefully through this transformation period.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

STARVING ON A BED OF GOLD; James A. Hall, published by the author, Watsonville, Cal.; 146 pp., illustrated; price \$1.00, by mail.

A few people have fasted voluntarily for over sixty days. Many have fasted for their health from forty to sixty days, but so far as I am aware, there is no record of any one who has involuntarily starved, under trying conditions, for sixty-three days, as did the author of this book. In order to find any parallel I should have to resort to fiction, and cite the story of Gilliatt, in Hugo's "Toilers of the Sea."

You should remember the great difference between fasting and starving. You fast when you please, you starve when you are forced. Sailors and prospectors, who die after ten days or two weeks' abstention from food, do not die for that reason, for thousands have fasted, absolutely, for six weeks or more. They die because of the exposure and mental agony, added to the lack of nourishment. This makes the feat of Mr. Hall the more remarkable.

James Hall is an attorney of Watsonville, Cal., a native son, having been born in Monterey County, in 1857. He has served in the California Legislature, and was district attorney for Santa Cruz County. In 1900 he accepted the invitation of a friend to visit Alaska. With two companions, he left the mining camp of Teller, on the Behring Sea, in search of a lost mine, expecting to be gone only three or four days, taking with him a pound of bacon and a few crackers. While on a mountain, during a fog, he was separated from his companions, who seem to have made no special effort to find him. Thenceforth, he wandered for sixty-seven days, until he was discovered, in a dying condition, by two prospectors. After the first few days, he had nothing to eat, but nine minnows, a few snails, berries and roots, that he discovered on his "lucky" days.

The weather was atrocious, with rain and sleet most of the time. The ground was largely covered with "tundra," or thick, damp moss, making locomotion exceedingly difficult. This was varied by steep hills. He stumbled on, walking almost every day, with twenty-five pounds of blankets on his back. Often he had to sleep on wet ground, in the drizzling rain. His clothing was light. Fortunately, he had with him a coffee pot, and consumed hot water every day. Just before he was found he felt his stomach collapse against his spine. He was about "all in."

One of the most remarkable things about this case, is that Mr. Hall retained his clearness of mind to the last. I attribute his escape from death largely to the fact that he was enabled to drink hot water. Much of the value of teas, soups and broths is in the hot water, rather than in the very small amount of nourishment they contain. Also, his survival was due to his fine constitution, that he had not abused, and to his great will power.

Mr. Hall is six feet one and one-half inches in height. When he started, he weighed 225 pounds. When rescued, his weight was 125 pounds.

In the latter part of the book the author writes of Alaska, the Eskimo and mining, and relates some anecdotes. He prints several affidavits, confirming his remarkable story. A most interesting book.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism and commendation are invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

SERVICE.

I took **BRAIN AND BRAWN** home last night in order to go over it carefully. I liked it much better than I ever had before. It seems to me that you are rendering a real service to your readers.—Orison Swett Marden, 29 East 22nd St., New York.

POPULATION AND HOURS OF LABOR.

Production has increased during the past 15 years 200 per cent., while the population of the United States has increased only 33 per cent. According to that, hours of labor should be reduced from an average of 10 to 3 hours and 20 minutes.—Thomas H. Gordnier, 1628 E. 52nd St., Los Angeles.

HONEST EFFORT.

I wish to compliment you on the standard maintained by your always welcome publication. It must surely have its effect, for, above all, it appeals as an honest effort to place the people in the right channel of thought upon health and medical superstition. May it accomplish its object, and bring to you the satisfaction and good you deserve.—Frank K. Ashton, Kensington Hotel, San Francisco.

A COMPLIMENT FOR THE ARTIST.

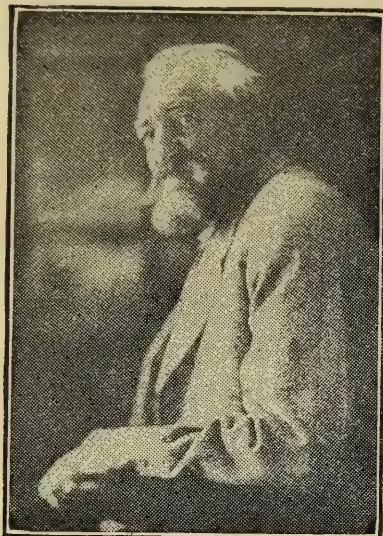
We all greatly enjoy the monthly visits of your little magazine. It is very neatly gotten up, and as full of good things as an egg is full of meat. I must compliment the artist who designed the cover of **BRAIN AND BRAWN**. It strikes me as one of the best magazine covers that I have ever seen.—W. S. Livengood, Editor Meyersdale Republican, Meyersdale, Pa.

A RAW FOOD ENTHUSIAST.

I take two other health magazines. Yours, though smaller, pleases me more than any publication in its class, that I have read. I am interested in the good work that you Nature devotees are doing, because I like to know of the world's progress along lines of vital consequence to humanity. Recently I started to live on sun-cooked foods and have deviated very little from what I set out to do, in spite of having to cook for others, and being ridiculed at every meal for the array of "cold" food I partake of—nuts, fruits, fresh and dried, and sometimes salad vegetables. I find such enjoyment and satisfaction, increased efficiency and good results in general from adhering to my "garden of Eden" fare that I should like to subsist on such edibles always. I hope to get in touch with other raw food enthusiasts. I would be pleased to exchange ideas, or compare notes, with fruitarians, or people who live as near naturally as possible, for the encouragement to persist in what I believe is best for mankind.—Irma S. Filcher, 3120 Fourth St., Sacramento, Cal.

Texas Socialists ask that the Federal government manufacture whisky, and sell it to the consumer at cost.

Cure of Chronic Disease



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook N.D.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

TREATMENT OF PYORRHOEA.

Following is the introductory portion of an interesting paper on "Pyorrhea," read by Claude Emory Markey, D.D.S., of Pasadena, before the National Dental Association, in San Francisco, in September last. The paper will be published in the Journal of the National Dental Association, probably in the March number. Those interested should secure a copy:

"Pyorrhea Alveolaris—a disease whose diagnosis is certain—but whose prognosis is uncertain—a disease of the tooth socket in which a flow of pus from the alveoli is the chief diagnostic symptom, other characteristics being inflamed gums, looseness of tooth, tenderness to pressure and perverted function. A calcareous serumnal deposit is generally found upon the root—firm, barnacle like—though I have seen cases with roots as smooth as though polished, yet pus was very much in evidence.

"In my early practice I considered pyorrhea as simply a disease of filth of the oral cavity, but from study and close observation I now believe it to be an oral manifestation of some constitutional disease—as a result of auto-intoxication or self-poisoning, and that the alimentary tract plays a more important part, as regards the primary cause, than does the oral cavity. The conditions around the teeth—as regards mal-occlusion, irregularity, rough margins of fillings or crowns—poor contact points—abuse by tooth-picks and neglect of oral hygiene—to be sure, may be considered as secondary or pre-disposing causes.

"It is claimed that a tooth afflicted with pyorrhea, if extracted, the gums will heal, and that ends pyorrhea. To be sure, it ends it as far as that tooth is concerned, but what of the poison? What becomes of the primary cause?

"Nature must have some outlet for her over-accumulated poisons and waste, and when the excretory organs are overworked (as is usually the case), then the weakest tissues suffer, tissues of poorest circulation, of poorest stimulation, and the end organs and 'joints' afford a very favorable location for their lodgment, especially the 'immovable joint' formed by the cone-shaped root and its socket, the joint known as 'Gomphosis.'

"If pyorrhea were simply a disease of filth of the oral cavity, then why is it not in evidence in the mouths of young people, as in accordance with filth of oral tissues it should be in evidence, in some cases, as early as the fifteenth year. The filthiest mouth I ever treated was for a young man twenty-two years of age, who had never had a tooth brush in his mouth, and whose gums (due to irritation from salivary calculus and lodgment of food) would bleed upon slightest touch; yet, four treatments, the first two being very short, were sufficient to place his teeth and gums in healthy condition, as there was no evidence of pus, no pyorrhea and but two cavities in occlusal surface of inferior first molars, the man being a hard-working, temperate day laborer in good general health.

"Why does pyorrhea recur, as is often the case, after a supposed cure—after thorough scaling and local treatment and where the patient has co-operated with the dentist, as regards

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daily care of the teeth, use of dental floss and massage of gums? Why does it recur, unless there be some hidden cause not fully understood, together with the fact that the dentist was treating the symptoms alone, by local treatment, instead of treating the symptoms and deep-seated cause by local and constitutional treatment.

"According to my observations, pyorrhea patients belong to one of the following classes:

- "1. Those of poor circulation.
- "2. Those who drink very little water.
- "3. Those who are hearty eaters (especially starchy foods and sweets).
- "4. Those who are rheumatic or gouty.
- "5. And last, and probably most important class of all, those who are constipated and take no regular form of exercise.

"Did it ever occur to you that Nature plays no part in the restoring of lost tooth structure due to dental decay (one part of the body she can not repair), but in the treatment of inflamed gums and pyorrhea, she stands ready to assist you if you will but give her the opportunity. Also, the fact that more teeth are lost through pyorrhea than through all other dental diseases—hence, does it not appeal strongly to you that more earnest attention should be given this disease and, although the thorough treatment of the teeth afflicted with this disease may be about the dirtiest work in dentistry, yet every dentist should do justice to his patients along this line, or else call patient's attention to it and direct them to someone who will give them proper attention, as I believe no greater dental service can be rendered than to educate one's patient as to the cause and prevalence of this disease and thoroughly clean the surfaces of the teeth and treat their foundations (the roots), as we all should realize that we can not build a lasting superstructure upon a poor foundation.

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"Gingivitis and stomatitis often manifest symptoms in the mouth, as a result of inflammation of the alimentary tract, due to wrong living, errors of diet or fermentation,—and if one is to enjoy the full benefit of the profession of dentistry, he must realize that general pathology and general health must be thoroughly understood and reckoned with in the proper treatment of the oral cavity, and especially so in the treatment of Pyorrhea Alveolaris."

DRUGLESS HEALERS.

Following is an extract from a letter from Dr. R. E. McNamara, of Baldwin Park, Los Angeles county, to Dr. J. Cornelius Earll, of Los Angeles. Dr. McNamara gave me permission to publish:

"I wish I could agree with you, and be enthusiastic enough to say 'Yes, come on, let's organize 'em. It will be the greatest thing ever.' I have no doubt it would be a desirable consummation—if it could be consummated, but, frankly, brother Earll, our drugless profession is too unreliable. Individually, he may be a fine fellow, but collectively, he will leave you in the lurch, every time—and you to pay the piper.

"As for myself, I wash my hands of the whole profession, and no amount of persuasion or eloquence would induce me to help him, collectively. He owes me \$1400, as it is, now.

"The first step toward cooperation is pulling together, but as I see the situation, the drugless healers of California cannot or will not support the best drugless magazine that was ever published, **BRAIN AND BRAWN.**"

CANCER "CURES."

The George Crocker cancer research fund laboratory at Columbia University made use of 64,500 animals in the course of its investigation concerning cancers during the last year, as shown in its annual report, issued today. The animals included 52,000 mice, 10,000



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rats, 300 rabbits, 1000 guinea pigs and 1200 chickens and other fowl. For tests with radium alone 12,000 mice and 2500 rats were used. In addition a special strain of mice is being used in which spontaneous tumors frequently develop.

Upon these animals, with tumors either spontaneous or artificially produced, and upon human beings whose cancer growths were hopelessly inoperable, the laboratory staff tested the effectiveness of half a dozen so-called cures for cancer. The report states that none of the agencies tested was shown to exert the slightest influence on the tumors treated.—New York Sun.

GOAT'S MILK.

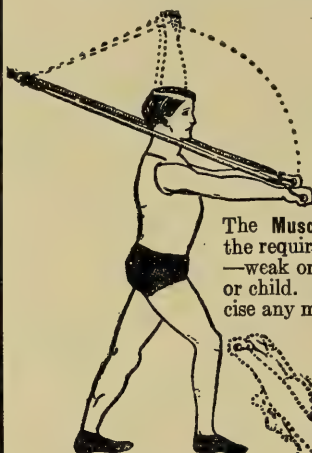
The Porter Milk and Rest Sanitarium, near Long Beach, Cal., is being enlarged and renovated. A novelty to be introduced here is the use of goat's milk, as well as cow's milk. Goat's milk is more wholesome than cow's milk, as goats are more healthy, being less confined, and feeding on more natural foods, so that they are rarely subject to tuberculosis, which is so common among dairy cattle. The use of goat's milk should be more general in this country, as it is in Europe. Many families who cannot keep a cow could keep a goat.

A NATURE CURE COLLEGE.

Dr. William F. Havard, formerly of the School of Eclectic Drugless Healing, has joined the Lindlahr College of Nature Cure, in Chicago, and is now dean. A course of Naprapathy has been added. This makes the course of Nature Cure studies the most complete and practical now in existence. A post-graduate course of eight weeks is about to commence. During the last half of this course, students will receive as much clinical and bedside practice as possible.

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SHORT-SIGHTED CHIROPRACTORS.

A large number of short-sighted California chiropractors recognized an authority they profess to deny, by applying to the State Board of Medical Examiners for licenses, paying out \$10,000 in good money for permits they will never get, besides as much more, through a local "college." The "college" promised to get them licenses, but he only got their money.

These people remind me of a burglar who broke into a room in Los Angeles, a few days ago. When discovered by the occupant, he jumped through a window, but the screen caught him, and as he hung there suspended, he was a fair target for the kicks he received.

Many of these drugless healers can't afford a dollar for a year's subscription to a magazine that is working steadily and persistently to educate the people in the truths of natural healing.

"MODERN MEDICAL SCIENCE."

Helen S. Gray has an article in a recent number of the Forum, entitled "Modern Medical Science," in which she exposes with wholesome sarcasm a number of fads, and even superstitions, that are approved by some of the "highest" medical authorities. "One of the latest absurdities," Miss Gray writes, "is that healthy people are sometimes a menace to the community. It is known and admitted that persons may have the germs of diphtheria, pneumonia, typhoid fever, tuberculosis, etc., within their bodies without having diseases. So the healthy disease carrier theory was advanced that, though the

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germs have not caused the person harboring them to have certain diseases, their presence in him can and does cause them in others. And now the doctors are arrogating to themselves the right of searching our bodies for contraband germs." Further on Miss Gray writes of the fad of removing the tonsils and the appendix, on which many a so-called surgeon in the land has fattened. Some physicians who believe nature has fearfully bungled in making up the human species look with holy horror on the appendix and the tonsils, and they have cut both out wherever they had a chance. Incidentally, they became affluent and their operations became proportionally more lucrative. In many instances a physician went through an entire family, removing the tonsils or the appendix, on his own suggestion, "as a precaution"—also as a very good investment. In course of time there was not a single member, from grandpa down to baby, who was not minus one or the other, to the pecuniary advantage and professional "reputation" of the physician. The fad is now on the wane, Miss Gray says. Dr. John N. Mackenzie, professor of laryngology and rhinology at Johns Hopkins University, has condemned the practice in no mistaken terms, as regards the tonsils, and other equally eminent authorities are just as emphatic with respect to the appendix. Miss Gray's main conclusion is that modern medicine is a long way from science.—Los Angeles Times.

VACCINATION AND CANCER.

Several medical men have recently testified that cancer was practically unknown, until cowpox vaccination began to be introduced. Others have said that they never saw a case of cancer in an unvaccinated person. With the increasing frequency of vaccination for other diseases besides smallpox, it is not surprising to learn that the death rate from cancer has largely increased within ten years.

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GOOD BOOKS.

Dr. H. Lindlahr, of Chicago, is one of the sanest writers in America, on the care of the body. His two books "Nature Cure Philosophy and Practice," and "Nature Cure Cook Book and A.B.C. of Natural Dietetics," should be in the hands of all readers of BRAIN AND BRAWN. I strongly endorse them.

FIGS.

It is reported that Turkish soldiers have eaten the 100,000,000 pounds of Smyrna figs, that were packed for America. This should cause an active demand for Carqué's black California figs. Send for his new price list.

BULGARIAN BUTTERMILK.

The Bulgarian buttermilk idea has been thoroughly commercialized. There are many preparations of this kind on the market. You should be careful to secure one that is made on scientific principles.

SWIMMING.

There is a growing interest now-a-days taken in swimming, and why? Because people are gradually realizing the need of it as an aid to health and safety. They see the benefits it gives to jaded and nerve-racked people. In elderly people there is seen a renewal of youth, loss of rheumatism, stiffness, etc.

As to safety, the many lives lost daily on the water prove the great need of learning to swim.

Prof. Wilkinson, of the Bimini Baths, Los Angeles, is an experienced and conscientious teacher of scientific swimming.

HEALTH INSURANCE

How You Can Have It.

Can you think of anything more necessary to real enjoyment and pleasure than good health?

How many people are there in poor health who do not look back with regret upon the past and wish that they had understood that priceless treasure, "health" which they once possessed. No doubt every man and woman who have lost it.

The body becomes diseased through ignorance of the laws of repair and renewal; once this secret is fully understood and adhered to, disease will be checked and a gradual return of health commence.

To those who are apparently in good health now, as well as those who have been saddened through the misfortune of poor health—they should adhere strictly to this law of nature which says "one should drink plenty of pure water"—for beware that HEALTH cord which has seemingly resisted without weakening, may be worn to a tiny thread.

Here is what Dr. H. Carrington says:

"Pure water is the best at all times—there is but one simple rule to follow in this connection: the purer, the better! It should be cool, but not ice cold. Hot water may occasionally be of benefit. A plentiful supply of water should be indulged in at all times. The secretions will thereby be increased in volume, the kidneys and liver stimulated into action, the blood rendered less thick, and the general system invigorated. I cannot speak too strongly in favour of large quantities of water each day—say from one to two quarts—if health is to be maintained. (This is of course on the ordinary "mixed" diet.) In all diseased conditions, the necessity for pure water is greatly increased, and the body is frequently rendered sick because of the very lack of it."

Now, that the use of **pure water** is the most important Health Insurance—which water is pure and where can it be obtained?—You say,

—let us discuss that:

The purest water in Nature is rain water, but this cannot be had in cities, for in cleansing the atmosphere from dust, dirt, smoke and poisonous gases and washing off unclean roofs, it becomes contaminated.

The purest spring water contains from six to fifty grains of mineral matter per gallon.

Many people think that by boiling water they purify it. This is a mistake. The germs of disease are partially killed but the decaying carcasses of the germs remain to be taken into the system. Water cannot be purified by filtering it. The microscope reveals a menagerie of life in a drop of such waters.

The only way to be sure of getting **pure water** is to **drink distilled water**. Distilled water is condensed steam. Water when heated to the boiling point passes off in steam free from all impurities. If this steam is collected and condensed we have distilled water.

A WHOLESOME STIMULANT.

You will find it to your advantage if, when you feel you need a mild stimulant, you take a little less hot tea and coffee, and substitute therefor malt extract. It has several hygienic advantages over the "cup that cheers," and the distillation of the coffee berry.

CELL SALTS.

For many years Dr. George W. Carey has made a study of the cell salts, found in the human body. Write for his pamphlet, and see what he has to say on the subject.

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Whistle for Health

A CUP or two of hot water might flush the filth out of the stomach but the cause of filth is the lack of chlorine, or the element of cold. Filth in the mouth or stomach is sure evidence that the whole body is clogged by filth. If you take some laborious exercise you may soon know, by a shortness of breath, or, tiredness of muscles, or, the heart may pound and thump, or, pain in the back in the region of the kidneys, or, a touch of constipation, or, you can roll up chunks of mud behind the ears, and, last, but not least, a preference for hot, greasy food for breakfast.

Cool water along with honey acid corrects the electrical forces, everywhere, that changes this filth into healthy substance. Digestion begins by electricity produced by friction in the muscles of the forearms and leg muscles below the knees. Unless these muscles respond you may as well whistle for a clean stomach. Digestive fluids lacking the electric reject cold and the appetite calls for heat in the form of meat, eggs, coffee, cakes, which cost much and do little. Let your brain speak.

The purpose of digestion is to regulate the molecules in size and turn their points toward the sun so that the body can be operated by sun power. The molecules regain their proper position when the temperature is at 60 degrees. On this account some honey acid which has been produced at that temperature should be swallowed at the commencement of every meal. The electrical detonation that is begun in the mouth, throat, and stomach muscles is instantly extended to all of the muscle tissues in the body which prevents filth being produced. Hook yourself to the great dynamo, the sun, by getting my free literature.

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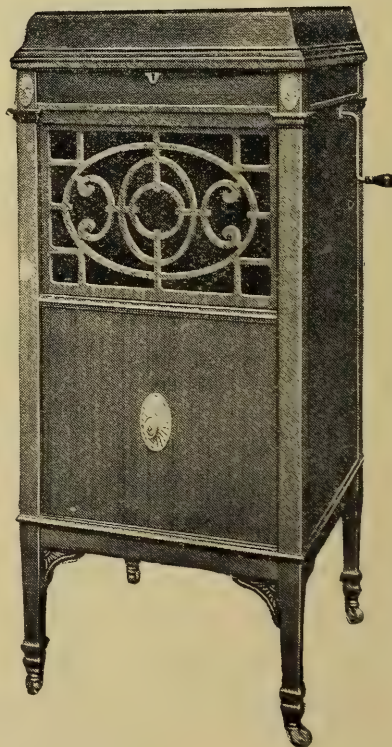
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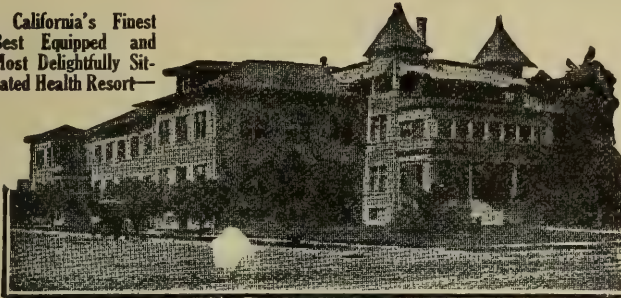
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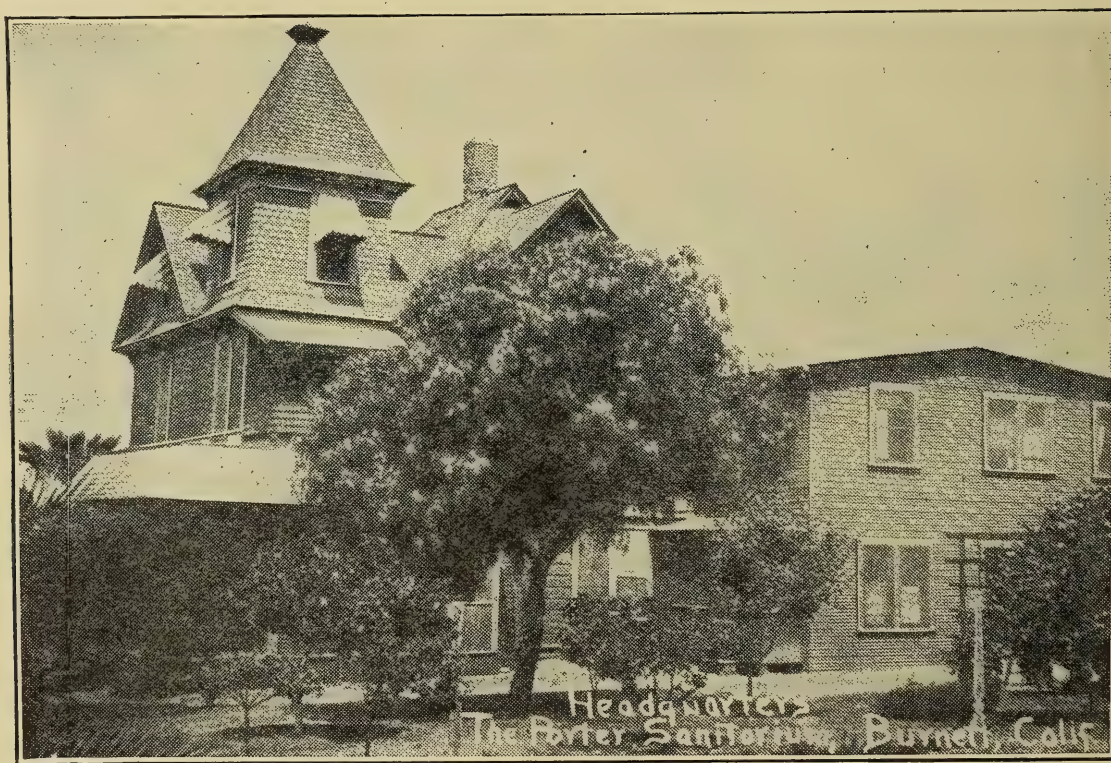
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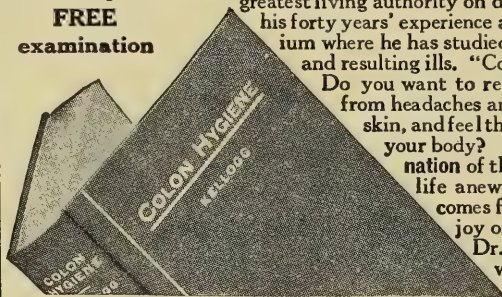
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Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager
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Carl Schultz, N. D., President and Gen. Manager, Geo. B. Abbott, Secy.; Chamber of
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NOTE: Unless otherwise credited all articles are by the editor.

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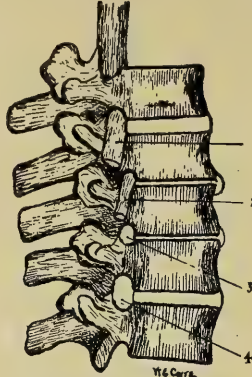
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Devoted to the Welfare of Humanity

HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

One Dollar a Year

Vol. IV

LOS ANGELES, MARCH, 1916

No. 10

Salt

THE consumption of the inorganic mineral, chloride of sodium, or table salt, is a habit and a superstition—an acquired habit, as to taste, a superstition, as to its necessity.

You have heard, perhaps, about that unfortunate prisoner, in Holland, who was fed bread without salt, until the worms devoured him. All nonsense. He could eat bread without salt, and be healthy, until he died of old age, if it was entire grain bread. If it was bread from bolted flour, and he got nothing else, he would certainly die before long, for lack of the organic salts, or mineral elements, contained just beneath the bran. Majendie has proved this, by feeding two dogs, one on white bread, the other on bran bread. The one fed on white bread died within a couple of months. The other remained perfectly healthy. It is a lack of these necessary organic salts, in the food, that leads to a craving for the harmful inorganic salt, chloride of sodium. It does not, however, replace them, any more than whisky replaces food.

In a recent publication of Dr. Willamer Stephanson, the discoverer of the white Esquimaux, new arguments have been added against the use of salt in the dietary. Dr. Stephanson, as a result of his experience in the Arctic, considers salt as a positive hindrance to life. He describes its action upon himself and his followers as a narcotic poison, and found its use absolutely eliminated from the dietary of the Esquimaux, who would rather submit to the ravages of starvation than to use food cured or seasoned with salt. On the basis of this data, Dr. Stephanson draws the conclusion that sodium chloride is incongenial and harmful to the system, and its use in the dietary of the civilized races, a grave physiological error. Like tobacco, he says, salt has conquered our taste and instinct, by the unnatural craving created by its indulgence as a stimulant, resulting in a habit difficult to break away from.

Breeders of the finest cattle and horses in England, do not give them salt.

Salt hinders the digestion of albumen, by interfering with the secretion of gastric juice. A piece of fresh fish, which will digest well in one hour and a half, requires four hours, after salting. Those who are liable to attacks of gout often find themselves entirely free from their trouble, when abstaining wholly from salt, but suffer a relapse immediately, when chloride of sodium is taken into the system. Inflammation of the kidneys is greatly aggravated by the use of salt.

Over-consumption of salt is largely responsible for exzema, and other skin diseases. Its ill-effects are especially apparent upon the kidneys, as upon those organs devolves the ridding of the body of a poison, which cannot be utilized. Dropsy, and certain forms of heart disease,

are in many cases caused in whole, or in part, by the free use of salt. The chief reason why a milk diet is so helpful in kidney disease is, that the salt, which has been deposited in the tissues, is washed out by the salt free milk. The same is true of the fruit cure, during which period no salt enters the body. Many of my consultants have written to me that they have become absolutely immune to colds, since they abandoned the use of salt.

Advocates of the use of salt sometimes point to the fact that animals resort to "salt licks." In such cases, it will be found that the food on which they have been feeding is deficient in certain natural organic salts, perhaps owing to poverty of soil. Then, of course, they may, in time, acquire an unnatural taste. Cows often form the habit of licking plaster, and we know that dogs and horses have been taught to drink beer and chew tobacco.

Chlorine and sodium, which together form chloride of sodium, are only two of the twelve minerals found in the body, and in natural foods. There is no more reason for taking chloride of sodium, in the mineral form, than there is for taking lime, or potash, or sulphur, or phosphorus. Get your chlorine and your sodium in the organic form, from natural foods, in which they abound, especially green leaves, stalks, and roots. People pay money for soft water, to avoid sodium, and then take chloride of sodium, with their food. How silly.

Joseph W. McCall, M.D., of Huntington, Tenn., writing in the *Medical World* on "The Evil Effects of Sodium Chloride on Muscular Tissue," says:

When taken in excessive quantity, salt has a deleterious effect on all muscular tissue, hardening the fibers of the arteries and capillaries, causing what is termed arteriosclerosis, and its numerous unyielding pathologic conditions.

Where salt is excessive in quantity in the circulatory fluid, the excretory organs throw it off. The kidneys are the main eliminators of the sodium chloride from the system. Bright's disease of the kidneys will probably follow.

There is no enumerating the pathologic ills brought about by salting a man down. In my opinion, the immoderate use of salt is more injurious to health than alcohol.

In case you demand "authorities," other than my humble self, I will now quote three physicians, who have made a special study of foods. J. H. Kellog, M.D., of Battle Creek, gives the following reasons why we should not use chloride of sodium on our food:

1. Salt is a mineral. It is a well-established fact that animal life cannot be sustained by the use of inorganic or mineral substances as food. Vegetables subsist upon inorganic matter, while animals require organized matter for their food.

2. Salt is an irritant. When taken into the system, it produces irritating effects. This is indicated by dryness of the throat, and acceleration of the pulse.

3. When taken into the system it is not used, being expelled, unchanged, by the liver, kidneys, skin, and other depurating organs.

4. It is an antiseptic. And when used in any considerable quantities it greatly interferes with digestion.

5. It is not necessary to support animal life, as shown by the fact that its use is confined to a very small minority of the animal kingdom.

6. It is not necessary to sustain human life, as is conclusively shown by several facts: a. Scores of people, who have been accustomed to its use, have wholly discarded it, not only without detriment to their health, but with positive improvement. Millions of human beings in Central and Southern Africa, in South America, in some portions of North America, in Siberia, and in other parts of the world, subsist entirely without salt. This is not altogether

because salt cannot be obtained; for in South Africa, where salt abounds, neither human beings nor lower animals make any use of it whatever.

Daniel S. Sager, M.D., of Brantford, Canada, author of "The Art of Living in Good Health," one of the best books on diet, writes in that volume, as follows:

The physiological effect of salt is that of an irritant upon all the mucous membranes of the body, producing a watery discharge. This is the purpose for which salt is prescribed by physicians—as a medicine to irritate, or cleanse, by the effect of this irritation, which is only intended to be temporary in character, not an every-day affair. It is an interesting fact that salt and cane sugar have practically the same effect as irritants of the human organism. The stimulating or irritating effect of sugar and candy is to be observed in the case of an inflamed throat, where it produces a profuse discharge of mucus, thereby relieving congestion of the affected parts. Any one can easily prove the truth of this assertion by snuffing a solution of salt or sugar and water up the nostrils. The profuse discharge which follows is proof of the irritant effect of either upon the mucous membrane of the nose. What applies to the nose applies equally to the stomach, or any other organ of the body. So that the effect of salt, when used in excessive quantities, is to produce catarrh of the mucous membranes of the body, and this in time becomes chronic.

J. H. Tilden, M.D., of Denver, in his book "Food," the latest word on the subject, says:

I believe that we can get all the salt our bodies need from foods in common use; but the people have grown such a salt-eating habit that I prescribe its use every day, although I always say: "Eat of salt very sparingly." Those who follow my instructions, and establish right eating as a daily habit, will find themselves growing out of the salt habit. The salt habit, like the habit of taking other stimulants, waxes strong on the food that it feeds upon, namely, eating too much, and of improper combinations.

Overeating builds an abnormal desire for food, and with the abnormal desire comes a cloyedness that forces a resort to more and more salt, pepper, mustard, horseradish, and other condiments, which may well be likened to spurs and whips, for they are used as gads to urge a jaded desire.

Salt being a mineral, its tendency is to harden the tissues. It is one of the leading elements in bringing about old age. Old age means mineralization, ossification, fossilization. This state can be brought about by an unprogressive mind, as well as by mineralizing the body.

As Dr. Tilden says the salt eating habit is one that grows upon a person, like the sugar eating habit, or the consumption of whisky, or coffee or tea. You often see people sprinkling salt over food that is already too saline for your taste, just as you see other deluded individuals spreading sugar over sweet apple pie. After I had abandoned the use of salt, it took me over a year to be able to enjoy an egg without it. Now I can do so, when I eat an egg, which is not often. You know the saying attributed to a girl, that "kissing a man without a moustache is like eating an egg without salt." I notice that plenty of girls, nowadays, kiss men without moustaches, and seem to enjoy it.

If you are not willing to abandon salt entirely, at least diminish to a minimum the amount you use, and note, after a few months, your improvement in health. This is especially important for elderly persons, whose tissues are beginning to dry up. You cannot altogether escape salt in cookery, but avoid the salt cellar.

If the people of the United States must be forced into military preparedness and war, because of the insane delusion that this country is threatened, it can truthfully be charged up to the love, courtship and marriage of its national executive, at a fatally psychological moment.—J. H. Tilden, M.D.

Hoboes, Tramps and Bums

THE Pacific Coast today is flooded with at least 15,000 hoboes—skilled and unskilled laborers, who have come West either on account of grafting employment sharks or through advertisements booming the advantages of the Pacific Coast and its ideal climate. Convict farms, stockades, wood yards, vag road work and jail sentences are not going to help matters. In fact, it only aggravates the situation and is liable to result in serious trouble.

There are three kinds of unemployed. Those who will work, those who won't work, and those who couldn't work if they wanted to. The first is known as the hobo, the second as the tramp and the last as the bum.

But society, police officials and city authorities classify the three as one and treat them accordingly. A man broke and friendless is considered a vag, and made to work for nothing on country roads, rock piles, convict farms and frequently confined in bull pens for from thirty days to six months. This breaks the fighting spirit of the best man on earth.—Jeff Davis.

More care should be exercised in arresting people for vagrancy. A jobless man, in shabby clothes, is not necessarily a criminal. Last month a young man, arrested near Los Angeles, on a charge of vagrancy, vehemently asserted his innocence, and declared that he could never out-live the shame of being sentenced, and would die before serving his term. A few days after, he hanged himself.

Apart from the injustice, to railroad to jail men who are merely looking for work tends to breed criminals, and thus involves additional expense on society.

Spanish as a Universal Language

Z. B. LINN, of Mannville, Alberta, Canada, writes as follows to T. P'S Weekly, (London):

There is no doubt that it would be a convenience to have an international language for business purposes. Enthusiasts have been endeavoring to provide this convenience by means of "Esperanto," an artificial hybrid, without any life in it whatever. In your issue of October 9, Spanish is described as a language of power and beauty. I may add, from experience, it is one that can easily be mastered in three months—at least for business purposes—by a man of average intelligence. Here is a living language, already spoken by some sixty millions of people, using equivalents for all business terms, and for everything needed to be expressed in English or French. Its adoption, as an international language, could excite no international jealousies, and would do away with the manufacture of artificial languages like "Esperanto" and "Volapuk."

The suggestion is not bad. Spanish is the most noble of the world languages.

If the fortunes of peace were as attractively featured as the fortunes of war, with uniforms, and marching to music and display, with a part for each individual to play, we would then come to look upon a demonstration for peace with the same thrill and eagerness to participate with which we now look upon war.—Mary Austin.

Fasting

THE fasting cure has become popular of late. Following dispatch from Auburn, Cal., was published under date of February 7:

A. Thomas, who it is claimed holds the record for fasting—seventy-two days—was forced, against his will, to break his fast at the County Hospital, after having been brought from his cabin at Clipper Gap. He is now taking a teaspoonful of the white of egg every half hour, when he feels so inclined, and so far, has been able to retain the food. He takes the food with great reluctance, as he is firmly convinced he should be taking fruit juice.

This is, indeed, a long fast. Many have fasted from forty to fifty days. One fast, lasting more than fifty days, is described on a later page.

Such long fasts should not be undertaken, except for a serious reason. As, for instance, in the case of an internal tumor, or cancer. Also, unless the patient thoroughly understands the physiology of the fast, he should always have an expert to advise him. Breaking the fast is the critical time. The Auburn man was quite right in saying he should have had fruit juice. Solid food, after a fast of that length, is dangerous.

For the first three days of a fast, the subject is tormented by appetite, owing to the remains of undigested food, and consequent inflammatory condition of the stomach. After that, he has no desire for food, until real hunger sets in, when the fast is carefully broken. The average loss in weight is one pound a day.

There is a great difference between fasting and starving. Fasting is voluntary, undertaken amid pleasant surroundings. Starvation is forced, and usually accompanied by mental agony, which kills. Thus, we read of husky prospectors and sailors, dying of starvation in ten days, while thousands of weakly invalids have fasted, with benefit, from four to six times as long.

Sometimes a "fruit fast"—eating nothing but fresh fruit in season—is preferable to an absolute fast.

The Origin of War

WAR originates in national antipathies and prejudices, and these are made up of personal dislikes and aversions. We all have them. One man feels a repugnance to the Japanese, another to the Russians, another to the Turks. There are others who affect to despise all nations, except their own, and they call it patriotism. These are makers of war, breeders of hates, that end in battles. They are guilty of blood, no matter how loud their pacifist protestations.—Dr. Felix Adler.

Modern Medicine is open to the same objection that proved so discrediting to the preceding system—that is, of being scarcely more than a vast compilation of theories, speculations and unexplained facts.—Thomas Powell, M.D.

In my experience, the so-called free thinker is a person as hide-bound by his own particular dogmas, and as packed with prejudice, as any bigoted adherent of dogmatic religion.—Arthur J. Blackburn.

Woman's Dress

AS I recently suggested, now that woman is achieving political liberty, it is about time that she should free herself from the tyranny of Fashion, and adopt clothing that is comfortable, healthful and artistic. A woman writer holds out hope of this. She says that a new type of girl is arriving, who is free from blind fidelity to fashion. I hope so, but I must confess that I have not yet encountered many of these sensible girls. I fear that, when they happen to adopt a rational style, it is not so much because it is rational, as because it happens to be the style.

Modern fashions are grossly extravagant. A writer declares the first principle of fashion designers to be that it shall not be possible to make over last year's style to fit the prevailing fashion. Some clever economical women manage to do so. Why should a different style of dress be worn every year because someone in Paris issues an edict?

A Chicago dispatch announces that two million club women throughout the United States will begin a nation-wide fight against many of the prevailing styles in women's apparel, when the General Federation of Women's Clubs of America convenes in New York, in May. A definite plan of reform has been drawn up. Here are principles for which the fight will be waged:

Individuality.—Every woman must try to realize her own ideas in dress.

Modesty.—Not unitarianism, but a decent regard for what is proper.

Good Taste.—A degree of art in the expression of individualism.

Appropriateness.—Young girls should not be dressed like matrons. Old women should not dress like girls.

Women should display more individuality, and adapt a prevailing style of dress to their particular form of beauty. A hat or a gown, that makes one woman look charming, may cause another to appear a freak. It is not necessary for you to be entirely out of the fashion. That, as we all know, is equivalent to being out of the world. You may modify the modes, to suit your ideas of fitness—if you have any. Study less the fashion plates from Paris, and devote more attention to the body that Nature gave you.

Beautiful Visions

HE who cherishes a beautiful vision, a lofty ideal in his heart, will one day realize it. Columbus cherished a vision of another world, and he discovered it; Copernicus fostered the vision of a multiplicity of worlds and a wider universe, and he revealed it; Buddha beheld the vision of a spiritual world, of stainless beauty and perfect peace, and he entered into it.

Cherish your visions; cherish your ideals; cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow all delightful conditions, all heavenly environment. Of these, if you but remain true to them, your world will at last be built.—James Allen.

A State Diet Expert

THE all-important subject of the building of the body by food, is at last beginning to receive the attention it deserves. It is announced that, after a six months' trial of the plan of having an expert prescribe the diet for the 16,000 inmates of California State institutions—prisons, insane asylums, hospitals, etc.—the State Board of Control has decided that the idea is an excellent one, and it is announced that M. E. Jaffa, professor of chemistry in the University of California, has been selected as "Nutrition Expert."

I have the pleasure of Prof. Jaffa's acquaintance. He has written several bulletins, published by the U. S. Department of Agriculture, on fruit and nut diet, in which he pays a tribute to the effects of such diet on health and endurance.

As I have heretofore remarked, by the adoption of a rational dietary—especially one containing a sufficiency of the organic salts—in conjunction with other natural methods, as hydrotherapy, sun and air baths, colon cleansing, etc., the asylums and hospitals might, within a year, be relieved of three-fourths of their inmates, and an equal proportion of prisoners would be ready to become good citizens.

A Satire on Civilization

A GERMAN, "long resident in America but in intimate touch with Berlin's policies," was quoted in a Washington dispatch, in regard to peace possibilities, as follows:

The great trouble is the mutual distrust. The allies say that Germany has set out on a great career for world dominion—that they must destroy her if they are to be safe. The Germans believe that the allies have been trying to hem them in, to destroy their commerce, to prevent the natural expansion of the empire. If both sides could be convinced that they were wrong, that they could safely live together, without friction and with room for both, then the first step toward real peace would come. That would be a great thing toward making peace permanent. It would remove all grounds for the distrust, which really lies at the bottom of the present war.

What a sarcastic satire on "civilization," that this end could not be accomplished without the sacrifice of millions of men and billions of money.

Don't Argue With Your Wife

A GREAT many men and women—I should say husbands and wives—early in their lives fall into the habit of arguing. It is a very bad habit; for it grows and grows, until eventually it breaks them both down. If the woman is inclined to be of a nervous temperament, she will go into nervous bankruptcy. The man will go into financial bankruptcy, because a man cannot carry on business and be grouchy and irritable.

Many men are not succeeding in life because they cannot allow their wives to have the last word. It does not cost much to shut your mouth. Try it.—J. H. Tilden, M.D.

Advertising

ADVERTISING is not an exact science, measured by actual specific, immediate returns. A big advertiser, say a department store, will run a page advertisement and obtain certain specific returns from it. But his returns will include also the cumulative benefit of years of consistent advertising and merchandising.

Another merchant, who has seldom or never advertised, runs a smaller advertisement, in accordance with his means. He may or may not receive the specific returns he expected from it. If he does not, he is disappointed. Possibly he declares that it "does no good to advertise." He may repeat his experience two or three times and then stop in disgust.

Such a man is not a good advertiser. He expects things which he has no right to expect. He wastes his money, and the mediums which carried his advertising, likewise the advertising agent who is the "innocent bystander" of the business tragedy, are held to blame.

Advertising does pay. Scores of large establishments have been built up from small beginnings, with advertising as a leading factor in their well-earned success. What others have done, the small advertiser of today can do.

The successful ones have been those who have advertised steadily and consistently. This does not mean that they have advertised regardless of space, cost or conditions. It does mean that they have kept before the public wisely. They have not permitted the public to forget that they are on earth; that they have something to sell which the public should have—from them.

Within reasonable bounds, an advertising appropriation should be as much a fixed cost as the rent of the store. The advertiser should consider the future as well as the present. If the advertising is well written and well placed it cannot fail to pay if kept up.

Finally, do not forget that "one, two or three times and then quit" small advertising is practically wasted.—Charles V. Barton, in *Los Angeles Express*.

Boys and Girls

SONS usually resemble the mother, and daughters the father. This is one of the steps of gradual evolution. If it occurs, as it does in exceptional cases, that the daughter resembles the mother, the offspring is too feminine, too girlish, too fickle. If the son resembles the father, he is coarse and gruff, and of less intelligence. In other words, if the girl emanates from the mother, she is exceedingly negative, while the boy emanating from the father is exceedingly positive. If you doubt my words, investigate, and you will find that the most intelligent, bright and normal children are those in which the resemblance exists, as stated.—Herbert A. Zettel, in *The Herald of Health*.

The reason for America's sanity as a nation, the unique power which enables her to welcome men from all parts of the world, and to turn them into loyal citizens, is that America is a country that looks forward, instead of backward. In other terms, a country whose ideals are principles, instead of traditions.—Albert Leon Guerard.

National Honor

THERE are two views on national honor. Take your choice. The first is from a Wichita, Kansas, dispatch to the New York Tribune. A typical Kansas farmer was speaking his mind on the subject, in a hotel lobby, and his hearers were with him:

You folks down East can talk all you want about the President's not protecting the honor of the country. He's gone twice as far as we folks out here wanted him to. He can't be too cautious to suit us. We will—every man of us—fight in a minute if the nation is invaded, but we won't go a step farther. We'd keep every American off belligerent ships. We'd keep every American out of Mexico. We'd let the Japs take the Philippines and be damned, if they want 'em. We'll defend our homes, but when any American goes where he has no right to go, if he gets into trouble, it's his own fault. The honor of the country doesn't get outside our boundaries that we can see.

The second is from "The World Decision," a recently published book by Robert Herrick, professor, novelist and essayist:

The real cynics of the war are the pacifists. They see nothing more serious in the European agony than what can be disposed of easily at any time in a peace conference—by talk and adjustment. So obsessed are some of them by the slaughter of men, by the woe and travail of Europe, that they would turn the immense sacrifice into a grotesque farce by any sort of compromise. . . . Their eyes are so blinded by the economic waste of the war and its suffering that they are incapable of seeing the great underlying principle that must be decided. Americans, having evaded the responsibility of pronouncing a decisive moral judgment on the rape of Belgium, the sinking of the Lusitania, and the extermination of the Armenians, play the buffoon with women's peace conferences, peace ships and endless impertinent peace talk. We, who have forfeited our right to sit at the peace conference, who are busily making money off the war, having prudently kept our own skins out of danger, are officiously ready with proposals of peace. What a peace! The only peace that could be made today would be a dastardly treason to every one of the millions whose blood has watered Europe, to every woman who has given a son or a father or a husband to the settlement of the cause. The parochialism of the American intelligence has never been more humiliatingly displayed than in the activity of our busy peacemakers. No sane person believes in war. . . . But crying peace, thinking peace, willing peace will not bring peace unless conditions that make peace exist.

Exercise and Morality

FEW people sufficiently appreciate the benign influence which healthy functioning of the processes of the body exerts upon the morality. It does not, to be sure, take the place of moral training. But it makes a man more receptive to moral training.

Let a man's blood be circulating freely and richly through his brain, let his food be digesting well, with consequent benefit to his brain's nutrition, let his nervous system in general be up to par, and it will always be easier for him to think more morally than if his brain were impoverished and poisoned by a poor blood supply.

Exercise enriches the blood supply through improving the circulation, the digestion, and the respiratory and eliminative organs. This is why exercise—active, outdoor exercise—is always to be recommended as an aid in moral development.—H. Addington Bruce.

Politics is ninety-nine and nine-tenths selfish interest, and the other one-tenth party interest.—Sam Blythe, in Saturday Evening Post.

The Strange Case of Thomas Smith

AT the December meeting of the Sunset Club, in Los Angeles, Paul Shoup read a paper, that did credit both to his literary ability, and his humanitarianism. Here is a digest of the story:

Thomas Smith has been variously described as a menace, a lunatic, and a great benefactor, ushering in a new industrial era.

His childhood was that of a middle West country boy, a product of a log schoolhouse. In his spare time, he discouraged dandelions by pulling them up, and encouraged blue grass by cutting it. His mother taught him Sabbath observance, Sunday clothes, and attendance at Sunday school. She also taught him that all the world was worth caring for, and that nearly all the world needed caring for. His father taught him that work was a necessary evil, and that in evading it he would meet a greater evil. Also, not to smoke, drink, chew, or swear, which rules, he silently observed, his father occasionally violated.

At fourteen, Thomas knew some arithmetic, could write, read, and spell fairly well, could plow, bind wheat, rake hay, harness and drive a team, build a rail fence, plant and gather corn, follow the thresher, and herd cattle. He was a good swimmer, a fair ball player, and could fish, hunt and trap. He knew Democrats to be good people, individually, and destructive collectively. Then his family removed to the city, and Thomas was lost to view, for some years.

When next we meet him, he is married, a master workman, a brick mason, undertaking contracts in a small way. He found few people with constructive ability of their own. Owners of wealth had to employ people to keep this wealth alive. Then came the wealth-gathering period of his life. He developed the rare quality of being able to separate major from minor matters. Time and distance he overwhelped. He used the cable, telephone and telegraph, to talk to men in all parts of America and Europe. He dealt swiftly. If not sure of a thing, he disappeared from view, until he could return with the answer. In the only interview he ever gave, he said that every man has his individual language, and that, even when interested, men only fairly well understand one another. It is, therefore, both idle and misleading to try to talk to a world, hurrying indifferently by.

At 48 Thomas Smith reached the age of discontent, and retired. He believed his life work done, in a major way. He had about \$80,000,000. The next two years marked a period of evolution. He attempted to go back to his boyhood days, but was restless, beyond measure.

Then came the European war, and Thomas Smith found a new interest in life. He attempted to control the manufacture of war supplies in the United States. His motive has never been explained. Perhaps he sympathized with one or the other side. He emerged with fabulous wealth, some say \$400,000,000. He was without a job, fifty, rugged and active. He told his wife he intended to try a new experiment, so he went back into the city, hired a room, donned his workman's clothes, and began to search for work.

The next we hear of Thomas Smith, he is again a brick mason, working eight hours a day. How long this lasted, we do not know. One morning a forlorn looking man, with a wife and four hungry children, applied to the foreman for a job. Smith told the foreman to give

him his place. He collected sixteen dollars due him, and again passes from our sight.

We hear of him here and there, in the next year or two. He traveled all over the country, investigating. He established bureaus of investigation. He came to Southern California. He bought a 100,000 acre ranch, and all that he could acquire of an industrial town. His activities were not confined to any one line of employment. Agriculture, manufacturing, and even mining were within his plans. When he began to establish studios, and to set painters and composers to work, they said Smith had gone crazy. He engaged men in the manufacture of shoes, and then checked them up, to see if there might be an undiscovered genius who could draw cartoons.

Meantime, industries grew over night. Plants sometimes ran on full time, some on half time, and some not at all. Every man who applied for a job was given a place, at three dollars a day, whether for a poet, a ditch digger, an architect, a carpenter, an author or a farmer. Men under thirty worked ten hours, above thirty, eight hours, above fifty, six hours. No man was asked any questions about his past, or needed to produce an individual record. Thomas Smith had no unions, and no strikes.

In substance, Thomas Smith's purpose appeared to be to use the "peak load" of labor, by raising the voltage, in industries where there was a shortage in product. One of his close friends says, however, that his motive, primarily, is to give a job to every man who wants to work, and second, to produce that thing which the world needs, and where the supply does not meet the demand.

It is interesting to know that any forenoon, of every week, Thomas Smith may be observed, working at his trade of brick mason. He is said to have replied to an urchin, who asked him one day why he whistled at his work: "Because I have a job, and at the same time, every man in this country who wants to work, likewise has a job."

An Amazing Sex Problem

A MAN was arrested in Seattle, for failure to support his wife, with whom he had lived five years. When sentenced to hard labor, he asked clemency, on the ground that he was a woman. This proved true. The wife, aged 32, expressed great surprise.

Similar cases are not uncommon. In this age of universal sex education, one might suppose that any woman, however ignorant and innocent, would be able to diagnose the sex of her lawful wedded husband, after living with him for years.

One explanation may be that, as I pointed out several months ago, the indeterminate sex is much more numerous than is generally supposed. Girls should be careful whom they marry.

There is so much good in the worst of us,
And so much bad in the best of us,
That it ill behooves any of us
To find fault with the rest of us.

—Unidentified.

Sand

AN old miner, died recently in Northern California, after a fifteen day fast. A few days before his death, he had taken two teaspoonfuls of sand, to relieve pain. He said he had read the suggestion in a medical book. The dispatch asserted that the sand killed him. Of course it did not, although it might irritate a fasting stomach.

A few years ago, the "sand cure" was preached and advertised by a "Professor" Windsor, who sold this the "only safe, round sand" from two unknown sources of supply, the only safe sand, he declared, in the United States. A profitable and harmless "graft." He is dead, I believe. Some might say the sand killed him, also, but it was more likely over eating, for he developed a big "bauch."

Over forty years ago, I occasionally imitated the chickens, and took a spoonful of sand, after a meal. It is not a bad idea, but if your food contains a sufficiency of natural coarsage, you do not need to swallow sand. Some dietitians, like Horace Fletcher, do not approve of coarsage in food.

There is little advantage in telling people, children or grown-ups, what they ought not to do, unless they are, at the time, told what there is they can do, that will prevent their wanting to do what they ought not to do.—Dr. Parkhurst.

The Pedestrian's Prayer

WHEN I am dead, dig not a grave for me
 If, soon or late, some jitney runs me down,
 'Twere most unjust to plant me in the lea
 Where I can't spite the one who broke my crown.
 But fling my ashes where
 They'll taint the very air
 That passing speeders breathe, and sorely smart their eyes.

When I am dead, ope not the churchyard dim;
 I'll want no niche, nor mausoleum fine.
 A simple stone, rolled in the path of him
 Who knocked me down and run across my spine,
 To make his vitals jump
 Each time he bumps the bump,
 And bumping thinks of me; that I would dearly prize.

When I am dead, crushed by the Demon Speed,
 Not mine the shade 'neath oaks of Broceliande.
 I'll ride the wind, a haunting ghost, to lead
 The reckless ones to swell the Devil's band.
 I'll spill their gasoline
 Though I shall be unseen—
 'Twill be rare sport, believe me, getting even with those guys.

E. N. Bishop, in Los Angeles Times.

Briefs

The chairman of the Chicago Committee on Unemployment is appealing to business men to take on another worker or two. Good idea.

A 16-year-old girl, of Kansas City, asked \$25,000, and got \$500, from the street railway company, because she was kissed by a conductor. Don't crowd the cars, girls.

Girls' teeth are not quite so prominent in the newspapers. They seem to be fairly good teeth, but were getting monotonous.

In California, in January, a train was frozen to the rails, mail delivered by snow-sleds, and a movie company escaped on snow shoes. Plenty of climate here.

A hog killing contest, for boys, is to be held, this month, in the State Encampment of Agricultural Clubs, at Fort Worth, Tex. Fine training for boys.

The average rainfall in Los Angeles is 15½ inches; Cincinnati, 42; New York, 46; Jacksonville, Fla., 53.

The Cotton Manufacturers' Association, of North Carolina, protests against the national eight hour child labor bill. In this wealthy land of boundless resources, child labor should be unknown.

Charles Page, oil millionaire, of Sand Springs, Okla., adopts widows, and provides homes for orphans. Last summer the orphans went to the San Francisco Exposition, in a private car.

Dr. Tanner, pioneer faster, celebrated his 88th birthday, at San Diego, last month.

An Oregon judge decides that a man may snore in his own room—even in a prohibition State.

Autoists complain of 18-cent gasoline. That is nothing. Standard Oil sells distillate, for constipation, at \$6 a gallon.

Following the conjunction of Jupiter and Venus, February 13, Los Angeles had the hottest Valentine's Day, with one exception, in 39 years.

R. L. Goldberg, cartoonist, has \$50,000 salary, on the New York Mail, and makes as much more from royalties. Twelve years ago, he started in San Francisco, on \$8 a week.

The House of Laymen, of the established Church of England, turned down a prohibition resolution. A delegate referred to alcohol as "one of the good creatures of God."

In Boston, last month, a barrel of violet dye, sold fourteen months ago for \$400, brought \$12,000.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. IV

LOS ANGELES, MARCH, 1916

No. 10

A Rational Plan for National Defense

A MEMORIAL recently sent to Congress by the Los Angeles Chamber of Commerce, on the subject of national defense of the Pacific Coast, was partly based on the plan of George H. Maxwell, set forth in his book "Our National Defense—the Patriotism of Peace," reviewed in BRAIN AND BRAWN for June, 1915. In this book Mr. Maxwell proposed to eliminate the evils and expense of maintaining a large standing army, providing an army for construction as well as destruction, by the establishment of small acre homes on irrigated land, where men would be taught intensive cultivation, and at the same time be prepared to give their services to the government, in case of invasion.

There is nothing chimerical about this plan. It is simple sense. The Land Settlement System, of Australia and New Zealand, has been in successful operation for twenty-five years. There, the profit of the government from land repurchased, has been large. The policy is to provide cheap land for settlers, on long time payments, and in addition, to give such assistance as will enable settlers on small tracts of land to bring it under cultivation in the shortest possible time, with the least expenditure of labor and money.

If Australia and New Zealand can, at a profit, colonize its vacant and unsettled land, and at the same time enlist every colonist in a reserve, why cannot the same thing be done, in the same way, at the same profit, in this country?

Another advantage would be that these men would become useful and contented citizens. They would not recruit the ranks of disturbers of the peace.

It seems to me that this plan should receive the earnest support of patriotic Americans.

By making those who demand war enlist, by making those who can best afford it pay for war, and by making the manufacture of war munitions a government monopoly, war cries would automatically diminish in volume.

Scenes of sordid sex affairs are described in some of the papers as "love nests." Shameful desecration of a pure and holy word.

Mental Midwives

PROF. PAUL SHOREY, of the University of Chicago, says that Bryan, Shaw, and Sunday are "incompetent." To link Shaw with Sunday—or even Bryan—is silly. The professor admits that Shaw "if not a thinker himself, is an inciter of thought in others."

Socrates, one of the greatest of men, called himself a "midwife," because he went about to deliver people of their own ideas. As one writer says, he did not impart information, he made others think.

That is what I am trying to do, in my feeble way.

A Cheerful Prospect

ONE of the frequent questions you hear on the street is: "How long is this war going to last?" One man's guess is about as good as another's. Emperor William is reported to have said it will end by October. Soon after the war began, Kitchener declared it would last three years. Lord Northcliffe, wholesale newspaper proprietor, says it is not a war, but one of those vast upheavals of the human race, like the great racial migrations, such as the Moslem invasion of Europe, which lasted 800 years, in Spain, and is still alive, in the Near East.

The Price of Meat

J. OGDEN ARMOUR, head of the Armour Packing Company, of Chicago, was interviewed in Pasadena, on the price of meat. He said meat will not go any higher in price, but will tend to decline. He said the war was not the cause of such decline, and would give no reason for it, but avoided the subject.

I can enlighten Mr. Armour as to the cause of the arrest in the advance in the price of meat. It is because a great many people, in this country, are beginning to discover that they can benefit, not only their pockets, but also their health, by giving up, or greatly reducing, the consumption of flesh foods.

Lucien Jonas, an artist serving in the French army, says that "a religious revival and a renaissance of family love" are certain results of the war. Perhaps; but what a price to pay.

While deploring the pernicious activity of a few "hyphenated Americans," let us not forget the service rendered by many thousands of German-Americans to the Union in the Civil War.

There is much difference between "preparedness" and "militarism," but there is always danger of the former merging into the latter.

Oxypathy

THAT fake "oxygen cure," masquerading for fifteen years under such varied names as "oxypathy," "oxydonor," "oxygenor," "oxybon," etc., etc., has at length been placed under the ban by the U. S. Postoffice, a fraud order having been issued. It should have been done long ago.

Several times, during the past five years, I have denounced this piece of gaspipe, stuffed with charcoal, for which credulous dupes paid thirty-five dollars. The best that can be said of such devices is, that if they do no good, neither can they do harm, like drugs and serums—except that they may keep sufferers from the only real cure until it is, perhaps, too late.

Medical Preparedness

AS manufacturers of munitions spread fear, to encourage preparedness for war, so do the political doctors, in regard to bubonic plague, leprosy, and other diseases, that are as likely to become epidemic in this country as orange trees are to grow on cement sidewalks.

Incidentally, this squirrel and rat hunting, and quarantine, furnishes much profitable employment for political doctors.

Woman and War

JANE ADDAMS, a crusader for Peace, who went to Europe with high hopes, fully persuaded that the women of Europe would rise "as one man," to stop the war, declared, on her return, that "the women are worse than the men, so far as war is concerned." Commenting on this, the San Francisco Argonaut observes: "This, of course, was a matter of common knowledge to the whole world, with the exception of a small group of self-righteous feminists, who assumed that their sex had a monopoly of the good, the beautiful, and the true."

Well, you cannot expect the women to rise so far above their masculine surroundings. Notwithstanding this, I still hope that wives and mothers will yet play a great part in the fight for Peace. For we must have Peace, even if we have to fight for it.

It seems strange that, in this nation of a hundred million people, there should only be one altogether available candidate for President, on the Republican ticket—and he won't run.

Amsterdam seems to be the El Paso of Europe, as a distributing point for fake war news.

The editor of Life will never be taken for a pro-German.

Brooklets

You may save regret, by not mailing that angry letter until tomorrow.

* * *

There are some men no woman can love, but there is no man some woman would not marry.

* * *

You will never attain perfection, but if you aim at the moon, you will reach higher than if you aim at the roof.

* * *

Some who cry out for the welfare of humanity are slow to help a neighbor.

* * *

Don't ask: "Is it proper?", "Is it respectable?", "Is it fashionable?", but "Is it right?"

* * *

Many parents would be surprised, and sometimes shocked, to know what is working in the minds of their children.

* * *

Minds nourished on novels and movies, and bodies dependent on coffee and cocktails, cannot be healthy.

* * *

"Should a woman stay out late at night?" It depends whether she is at a cabaret with a friend's husband, or sitting up with a neighbor's sick child.

* * *

You pity a man who is sick, and blame a man who is ill-tempered. You should either pity or blame both, for they are equally sick, and it is their own fault.

* * *

An old book store has the same attraction to me that a candy shop has to a "kid."

* * *

"Easy" reading is like riding in an auto; reading that makes you think like bicycling, or walking.

* * *

Manners change; men are the same as they were 5000 years ago.

* * *

We have had Captains of Industry, and Emperors of Commerce; now it is about time for the appearance of a Golden God.

* * *

My wife is glad I am not enough of a genius to have the "artistic temperament."

Temperance Versus Prohibition

FOLLOWING is a letter to the San Francisco Argonaut, by F. J. Martin, of the Utica Mining Company Angels Camp, Cal.:

Do away with saloons and all manner of "bars," and it will not alone solve the liquor question, but also give a body blow to the pernicious treating habit, and if that evil could be done away with the savings banks would burst their vaults.

"Straws show which way the wind blows," and in this connection I will say that in 1896 I was given the management of a mining property in Arizona, situated in an isolated spot on the desert. We employed about eighty men, and they with their families and the floating population made a community of about two hundred and fifty. We had a general store in connection with the mine, but in the beginning carried no liquor whatever, the company having pronounced anti-liquor sentiments; but half a dozen saloons established themselves on ground adjoining company property, and they thrived, and much drunkenness was always in evidence. It did no good to discharge drinkers, since they would only be replaced by others—maybe worse.

Finally I decided to sell beer, wine, and liquor in bulk in the store—that is, by the flask or bottle; but no drinking allowed in the store; and the drunkenness ceased as if by magic. Of course it didn't cease entirely, but it was as prominent by its absence as the reverse used to be. In a few months four of the six saloons went out of business—were starved out. One of the remaining two lasted several years longer and then it quit. The other lasted until the mine closed down and the camp was abandoned. But this was only because of the dancing girls it sheltered and the opportunity for gambling it afforded.

Nearly all men that do hard physical labor like to take a drink or two each day. If they take it in a bar-room it nearly always means more or less treating, and they drink more than they want, but not so if they buy it in bulk and take it home to drink.

Close up saloons and "bars," but allow beer, wine, and liquor to be sold in bulk, and nine-tenths of the drink and treating evil will be done away with. Place a stiff license on liquor stores, and besides the loss of license make the penalty severe for any dealer found guilty of selling or giving drinks. In this way, the weak will be protected and no one's rights destroyed or menaced.

The question of permitting drinks to be sold in hotels and restaurants with meals might be solved (without turning every saloon and bar-room into a hash joint) by wiser heads than mine. I shall not attempt it. But by prohibiting the sale of drinks I doubt not that the prohibitioner's occupation will be gone.

The bars in the Palace or St. Francis, with all their gilt and sanitation, are as low morally as the poorest five-cent joint. I have drunk there with friends and acquaintances more than once, when more was taken than some of us wanted or was good for us, and what is more, than what some could afford to spend. Happily I do not shine as a "sport." I will venture to say that if it were investigated such conditions would be found to prevail every day in the year.

Two friends or acquaintances, who haven't seen each other since yesterday or longer, meet—in city or town—and this is the stereotyped greeting: "Hello, Jim." "How do, Tom; what's new?" "Oh, nothing

much. Let's have a drink." And they are either in front of a bar-room or not a hundred feet away from one. It's disgusting! Cut out the bars and neither Jim nor Tom will think of buying a bottle for each other.

If we must drink with our meals, and I deny the right to being restrained from it, then let no drinks be served except in bona fide restaurants and hotels, where hot meals are cooked and served at tables, and make the penalty severe for any one dodging this law.

I will fight prohibition, for that is interference with our rights and prerogatives, but I would work for the enactment of such a measure as I suggest, and I know many of the same mind. Indeed, such a measure would need no champions; it would take like wildfire. We haven't got guts enough to individually break from a bad habit, but will hail the chance that will force us all to.

A Physician on Vaccination

Your staff is to be congratulated by many grateful friends for the stand you have taken, the influence you have exerted and your success in curbing that medical fraud, vaccination for smallpox.

After twenty years' experience as a practicing physician, in which I have been in daily touch with the question, I have been led to believe that vaccination for smallpox is false in its conception unless conceived for business purposes. The latter is easily believed when we remember that the classification of diseases were changed about the time vaccination was introduced.

It is unscientific in its application, because nothing whatever is known about smallpox except that it thrives in filthy and unsanitary conditions and places.

It is false in its claims, as it does not insure immunity. Statistics show a greater number of deaths from smallpox in the vaccinated than the unvaccinated.

Dangerous in results, because more deaths are caused from vaccination than from natural smallpox, and diseases worse than smallpox are introduced into sound and well bodies and inherited tendencies that would remain dormant are made active by the operation. In 1914 there were forty-nine deaths from vaccination in New York State. "New York and Buffalo not canvassed. Rochester, Syracuse and Albany partially canvassed."

Demoralizing for the physician, because he is taking advantage of his patient's ignorance, fostering for present and future business their superstition, causing untold anxiety and suffering and many deaths.

A practice with such a record ought to be exterminated.—Geo. J. Helmer, M.D., in "Life."

The attack of a disease may be sudden, but not so its cause, which may be the outcome of years of transgression. A disease is cumulative, and grows in the body as the weed grows in the soil, or the storm out of an over-heated atmosphere.—Axel Emil Gibson, D.O., in Health Culture.

There are 225 Christian Science healers in Los Angeles.

Forty Years Ago in Los Angeles

AS indicating the steady advance of city real estate, Pitt & Williams report the sale of a lot on Spring street, between Seventh and Eighth, for \$1600. Six months ago it was offered for \$1000.

Enrolled in the public schools are 1137 pupils.

Property owners on Main street have been notified to move their fences back to the street line.

J. P. Downey has purchased, from E. Martin and wife, a tract on Ninth street, extending from the west line of Main street to the east side of Hill street, for which he paid \$8000.

Petroleum is destined to be one of the heaviest staples of California soon, and the seat of its production will be Los Angeles county.

H. Bell has sold to M. Hughes a lot, 400 by 205 feet, on Figueroa street, for \$2100.

The condition of Main street, from the Courthouse to the Childs home, is a peril to man and beast.

Main street was brilliantly illuminated with several enormous piles of blazing brushwood last night.—Los Angeles Express, January, 1876.

Savings

TO establish data for the centennial year of savings banks in the United States, the Los Angeles Chamber of Commerce canvassed the 28 banks of the city, carrying savings accounts, with the following results:

Number of accounts, 253,876; average amount of each account, \$529; total savings, \$100,531,380. The Chamber estimates the population at 550,000, which indicates that the savings accounts represent nearly half the population.

The postal savings, building and loan associations and similar institutions of thrift were not included in the canvas.

The average savings in the four leading States are: Massachusetts, \$243; California, \$190; New York, \$109; Pennsylvania, \$81.

Chocolate carries into the system an alkaloid named xanthine, closely allied to uric acid. People who use much chocolate will have deranged liver. Chocolate will bring on catarrh faster than almost any food I know of, unless it is an oversupply of beefsteak.—J. H. Tilden, M.D.

Many of the reasons given by old people for their longevity are absurd. For instance, Eliza D. Lathrop, who died at Binghampton, N. Y., at the age of 102, attributed her advanced age to the eating of pickles.

Restraint of Trade

THIS is a little story of a brazen octopus. It might serve as a theme for a Gilbert and Sullivan opera.

The high price of copper has tempted the cupidity of gentry who "prig" things. The street railroads, telegraph and telephone, electric light and power companies, and other public utilities of Los Angeles, lost large quantities of copper wire. The wire was sold to junk dealers, who handle cast-off supplies of the kind. These, in turn, disposed of the "truck" to brass foundries. Many leading citizens have made money in copper—but not in this way.

When two miles of transmission wire was clipped and carted over to an adjoining county, and when losses began to run into the thousands of dollars, the companies began to find it growing monotonous. So, together with the City of Los Angeles, also interested, they privately formed a Public Utilities Protective Association, hired detectives, and convicted seventeen enterprising burglars, who were put to less profitable and more arduous labor. Then the companies agreed not to sell more waste wire to dealers, for sixty days. This caused a rise in price of the stuff. Whereupon, a firm of attorneys, representing a brass foundry, served formal notice on the association that it was a "combination in restraint of trade," under the meaning of the International State Commerce Law, and warned it solemnly against pursuing its nefarious course.

I think you will agree that the brass in this story has an appropriate setting.

At the Movie Studio

ATALL, thin man, who looks as if he might be Don Quixote, is eating shredded wheat biscuit and drinking a cup of hot water, while he reads***"Brain and Brawn." As we pass, we notice three soldiers, enjoying huge platters of pork and beans. One wears a German uniform, the other a French and the third an English. Enter two severe judges, a bishop and a priest, of the days of the Spanish Inquisition, with three ballet dancers and Marie Antoinette.—Mary Pickford, in Los Angeles Examiner.

A Husky Vegetarian

IN its February number, Physical Culture published an engraving of Harry Brook Jr., of Los Angeles, in training costume, with the following note, from his father:

"I send you a picture of my son and namesake, Harry Brook Jr., for the special benefit of those peculiar people who imagine that they must eat flesh food at least once a day, in order to 'keep up their strength.'

"Harry is twenty-eight years of age, six feet, one inch in height; weight, one hundred and ninety-eight pounds; as strong as an ox and a good amateur boxer. He has never eaten flesh food, of any kind."

Besides brawn, Harry has a fair share of brains.

In the United States in 1910 were 82 papers over 100 years old.

Wrestling Heroes

FOR the last 6,000 years man has been abusing all his physical and mental faculties, and, in consequence, the survivors of today are floating on the froth of ages. Plagues, epidemics, scourges, pestilence, famine, and war have helped gluttony, alcoholism, and bestiality to dissipate the vigor of nations.

Look at the physical types one sees in every street car, at the theater, on the ball ground, in restaurants, office buildings, everywhere, tall, gaunt, short, flabby, hollow-cheeked, red-nosed, white-lipped, round-shouldered, bald-headed, weak-eyed, crooked-limbed. All these departures from the normal are expressions of a fixed law.

Cause and effect are everywhere to be seen. Humanity has nestled in the lap of luxury and has paid the price. Handsome young men are forced to pad the shoulders of their overcoats. Dignified middle-aged gentlemen take pains to smooth a few straggling hairs over six square inches of hairless dome.

The normal man is not often seen. No wonder, then, that the five miracle men who are exhibited nightly at the Second International Wrestling Tournament have captivated the masses. There is an inspiration in these modern types of Theseus, Hector, Hercules, Mars, and Mercury.

Roller, Aberg, Lewis, Zbyszko, and the "Masked Marvel" are physically perfect types, each of them an inspiration to other men. One sees in the majestic outlines of these extraordinary creatures a symbol of the birthright which humanity has sold for a mess of pottage.

All men would be like these men in a world that devoted half as much attention to its own health as it does to the health of the animals in which money is invested.

These men are more than mere athletes. They are gentlemen of sport, and the admiring youth who watches them, and comes to understand the law of fair play and tolerance that they instinctively obey, goes away with something beyond price and which forty preachers of spiritual living might not have succeeded in teaching him.—Alfred W. McCann, in *New York Globe*.

Candy Saloons

IN front of almost every schoolhouse in the country there can be found a small candy store, which sells cheap sweets to children.

In Boston, no saloons can be operated within a certain number of yards of schools. The same law might be applied to the selling of candy, as candy is as great an evil to the child as liquor is to the adult.—Dr. Horace L. Howe..

When a cold starts, clear out the bowels and stop eating until the symptoms are gone. Three days will be long enough, usually, to stop a cold. This is far better and more scientific than feeding the blood dead bacteria, and the stomach "nourishing food."—J. H. Tilden, M.D.

A Canadian paper mill makes a substitute for lard out of wood pulp.

A Home for Widows

ON a pleasant site, in the west end of Los Angeles, there has been completed, by a local philanthropist, a community apartment house, for widows with more than one child, dependent on them. It is said to be the first establishment of the kind. Dr. Mary Powell Jordan, a retired physician, who has made a lifelong study of sociology in America and Europe, has been chosen as superintendent. She is assisted by competent teachers.

The buildings contain fifty apartments, of two-room and three-room suites. There are two wings. Between them is a large playground. Each apartment has its private yard, filled with sand for the children to play in. There is a nursery, where children will be cared for while their mothers are at work.

The apartment house will be like a big home, although each mother will have complete charge of her own apartment. The mother will delegate the education of the children. The aim is to build up character in the child while the mother is earning a living.

Should the experiment prove successful, the apartments will ultimately be deeded to the city, and placed under control of the Municipal Housing Commission. It is expected that the enterprise will be self-supporting.

Bags Under the Eyes

THOSE bags under the eyes are often evidence of a command of language. You never see a good linguist without bagging eyelids. They are not an indication of dropsy. But if those not in the habit of having bagging eyelids, develop them, they should have a physician examine the urine, to see if the kidneys are all right. People who do not naturally have bagging eyes should have an examination.—J. H. Tilden, M.D.

Buttermilk Soup

I. Cook 2 quarts of buttermilk, $\frac{1}{2}$ cup sago, and $\frac{1}{2}$ cup raisins or currants, without stirring, in double boiler, until sago is clear.

II. Soak one cup of prunes over night. Cook in 2 quarts of buttermilk, with one stick of whole cinnamon, for about thirty minutes. Serve with French dumplings.—Dr. Lindlahr's Cook Book.

Multiplication of newspapers, furnishing "snippet" literature, accounts partly for the waning power of concentration discoverable in the masses, the easy diversion of their attention from men and measures, and the pursuit of the next new thing, all of which plays into the hands of demagogues.—Christian Science Monitor.

Powdered charcoal is said to be a cure for mushroom poisoning. Mix with water, and give a teaspoonful every minute, until the painful symptoms disappear.

A magazine department is headed: "Fruits, and Their Uses." It might better be entitled: "How to Spoil Fruit."

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

POISON OAK PREVENTATIVE.

I would like to have the receipt for protection against poison oak, which you published a number of times, when you were editing the *Care of the Body* department of the Los Angeles Times. I shall be glad to pay for the information, as I am working where there is plenty of it.—T. J. S.

To a quart of boiling water, add a level teaspoonful of concentrated lye. When cool, rub the mixture over every exposed part of the body before you go where you expect to encounter poison oak. Do the same on returning.

PLANTS IN SLEEPING ROOMS.

R. L.—Plants inhale carbon dioxide during the day, and exhale oxygen. During the night they inhale carbon dioxide, as in the day time, but exhale a part of it again, along with oxygen. They purify the air during the night, but less than during the day.

It is not well to keep cut flowers in a sleeping room. They are beautiful, but they soon begin to decay, like any other garbage.

REMARKABLE RECOVERY.

I am strong for the simple diet you advocate, including also Fletcherism, and chiropractic.

I am 35 years of age, 5 feet 9½ in. high, and in the last four years have reduced my weight from 206 lbs. to 140 lbs. Four years ago I was almost a physical wreck, and had many ills, including a bad heart, a strong acid urine, colds, catarrh, headaches, quincy, sore throat, fainting spells, sore and offensive smelling feet, profuse perspiration at the least exercise, stomach spells, heartburn, pimples on my body and face, including blackheads, and a nose that looked like a large rum blossom, although I never indulged in anything stronger than coffee and soda water in my life. Today I am in perfect health and have lost every one of these ailments. There is not a spot or a blemish anywhere on my body. During the past three years I have not taken a pill, or a drop of medicine of any kind, whereas previous to that time I had paid hundreds of dollars to M.D.'s and taken gallons of their infernal dope and bushels of their damnable pills. About a year ago I underwent a rigid examination by an able M.D. for a life insurance company, and he stated, after the examination, that he could not find a thing the matter with me anywhere.

I have cut out of my diet everything that I think is at all harmful and am living very simply.—G. G. Porter, Porter-Cable Machine Company, 501 East Water St., Syracuse, N. Y.

At some places, on the coast of Alaska, the rainfall is 120 inches. In Southern California, we call it a wet season, when we get 20 inches.

One-sixth of the railroad mileage of the United States is in the hands of receivers.

The writer of a "woman's column" says that woman's beauty depends upon health. Wonderful.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism and commendation are invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

ARIZONA HISTORY.

The review of my History of Arizona in the February number is, from a reminiscent standpoint, very good indeed, only you have made some mistakes. Uncle Bill Oury was never in the Confederate army. He was one of the first white residents in Tucson, and was the first Mayor of Tucson, appointed by Governor Goodwin, our first Governor.

Peter R. Brady was never elected Delegate to Congress. At least he never took his seat. It is claimed by some that he was cheated out of the election, through false returns.—Thomas E. Farish, Phoenix, Arizona.

LOVE AND WAR.

Referring to an editorial in your last issue, under the heading "War Is Love," Prof. Reinhold Seeborg, of the University of Berlin seems to be in agreement with the Irishman—and about as nearly right:

"Love is the soul of a bold Irishman,
He loves all the lovely loves that he can,
He goes to the Fair and he spends half a crown,
Then meets with a friend and for love knocks him down."

—Martin Preuter, 1628 Bushnell Ave., S. Pasadena, Cal.

THE "WHOLE DURNED THING."

What I like about BRAIN AND BRAWN is that one man, of authority, writes the whole durned thing.—Charles Flammer, S.E. Cor. 2nd and Folsom St., San Francisco, Cal.

PUNCH.

I am a subscriber to many health magazines. There is something in BRAIN AND BRAWN that others lack. Somehow or other you are there, in your different articles, with a punch—plain, convincing and effective. Some people won't hear or see the truth until they are hit on the head. BRAIN AND BRAWN seems to have the proper hammer.—H. Schildkraut, 956 F. Ave., Coronado, Cal.

PEDDLING KNOWLEDGE.

Enclosed find a dollar bill, the small amount charged for the experienced knowledge you have stored up in your life work, and pass out to us at eight and a third cents per copy.—J. E. Grant, W. Berkeley, Cal.

A HIGH STANDARD.

We appreciate BRAIN AND BRAWN, and always read it with much interest. We wish to congratulate you on the high standard you have maintained in this magazine, and hope you will have the success you so well merit.—J. E. Teal, Chiropractic Press, 1124 Foster Ave., Chicago.

Many people take a cold bath every morning, for the same reason that others take a drug, or a stimulant, but that is no reason why they should brag about it.—A Healthy Home.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

HOW TO KEEP WELL AND LIVE LONG; T. B. Terry; The Farmer Co., publishers, Philadelphia, Pa.; 224 pp.; price \$1.00 by mail.

This book is by a farmer, who later became associate editor of the *Practical Farmer*, to which he contributes a column of "health hints." He was sickly, as a child, and went through the regular medical treatment, without improvement, when he decided to study the care of the body, especially diet, by which means he made himself a healthy man.

The ideas and suggestions set forth in the book are eminently sound. I recommend it to my readers.

AS A MAN THINKETH; James Allen; Saalfield Publishing Co., Akron, O.; booklet; for sale in Los Angeles by Stratford and Green, 642 S. Main St.; price 15c to \$1, according to binding.

A copy of this artistic booklet, vest pocket size, was given me by Stoddard Jess, of Los Angeles, one of those who think. A little book in small type. Good for the soul but bad for the eyes. It contains noble thoughts and helpful suggestions.

While it is obviously true that "as a man thinketh so is he," I again suggest that as a corollary that "as a man eateth so doth he think." To think finely, while eating grossly, is a physical and mental impossibility.

No. I, Vol. I of "The Round Table," publisher and editor Herbert W. Burdett; business office, 734 Union Oil Bldg., Los Angeles. Published first and third Wednesdays of each month. Subscription \$1.00 for six months. *Anglo-Californian*, advocating the lying down together of the lion and the lamb—with the lamb inside.

No. I, Vol. I "The American Woman," Clara Shortridge Foltz, publisher and editor. Office, 207 S. Broadway, Los Angeles; \$1.50 a year, single copy 15 cents. Among other things, gives legal advice.

"Mazdaznan" is now published in Los Angeles. The February number shows improvement, containing some good stuff. Monthly, 10c a copy, \$1.00 a year. Address P. O. Box 1854.

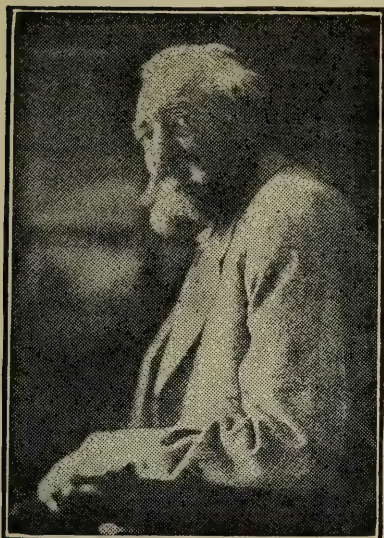
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It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

Cure of Chronic Disease



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook M.D.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

A LONG FAST.

Following is contributed by R. E. McNamara, D.C., of Baldwin Park, Los Angeles County:

On November 20 Otto Carqué sent me Harold Nichols, a young man, who stated that he desired to take a complete fast, for a general catarrhal condition. I found, after a short talk, that he had been reading health magazines, and knew something of the general regime and stamina required. Although I do not approve of a very long fast, I thought it best to let him proceed, under my general supervision, as we have an ideal place, equipped for the purpose, and I thought that after a week or ten days he would tire of it.

I gave Nichols an examination, by diagnosis from the eye mostly, from which it was readily apparent that he had judged his condition accurately. The white lines of suppressed inflammation were well marked over most of the iris. The color also showed that much of the present condition was due to allopathic maltreatment of symptoms, during childhood, thus suppressing the elimination that should have taken place, if allowed to proceed naturally. The depth and extent of markings also indicated that it was likely to be a long drawn out process, if carried out to the end.

During the first thirty days of the fast Nichols walked from one to five miles nearly every day, and for the first two weeks did a great deal of hard work on the place, cutting wood, etc. Sun, air, friction and sitz baths were taken daily. The sun baths were not over half an hour in duration, as a rule. The patient slept practically out in the open all of the time, except that during part of the second month of the fast, the rainy season coming on, he slept under an open shed.

Nichols weighed 165 pounds on November 20. On December 20 he weighed 135 pounds. He walked six miles that day, and complained somewhat of being weak in the legs. On January 15 the weight had become reduced to 117 pounds. At this date, the weakness had not increased. There had also been no hunger, after the first few days. Slight elimination had started about the 20th day of the fast. The breath became very bad in the second week, tongue furred and heavily coated.

Warm enemas were taken about every other day. Aside from sleeplessness at night, for most of the fasting period, there were no very unpleasant sensations up to about the 30th day. At this time, slight nerve rings began to appear in both eyes, and a faint lightening of the color was noted. The mucous membranes were increasing in activity, and the patient complained of a slight roaring in the hear or ears.

Examining the patient's head about this time, and seeing that the organ of firmness was extraordinarily well developed, I began to fear that he would be likely to overdo the fast, especially as he did not have a surplus in his system of the organic salts which are so vital a factor in elimination processes. However, he was anxious to continue, which was done up to the 45th day, at which time, although against his will, he was persuaded to begin slowly to break the fast.

Oranges not yet being fully ripe, and no watermelons on the market, we were restricted somewhat in our choice of proper foods to begin on. Milk was plentiful, but in catarrhal conditions I do not think it advisable to take much milk into the system. On the 45th day

WHY ARE WE HERE?

By Erwin A. Rice

Cloth, 148 pp. Price, \$1 by mail

One of the sanest speculations I know on the Hereafter.—Brain and Brawn.

BRAIN AND BRAWN, Los Angeles

the juice of an orange was taken, and for the following ten days, the juice of three to four oranges were taken daily. The roaring in the head stopped during this ten day interval, also the eustachian tubes opened up. The tongue cleared considerably, and strength began to return. The patient was still sleepless at night, however, and somewhat nervous.

On the 55th day, a small bowl of cooked spinach juice was taken, this being increased for several days, until it was taken twice daily, and some cooked leaves were also consumed. About the 60th day, small quantities of cooked non-starchy vegetables were eaten, as a stew, the liquid also being plentifully taken. The vegetables were carrots, celery, spinach and onions, cooked together. Even up to the 60th day, hunger had not yet returned. The patient, however, was so pleased with results, that he was glad to continue under the regime and eat lightly of the prescribed foods.

The patient's mind cleared, and remained acute during the fast. He read several thousand pages of health literature, in our library, and was never at any time disagreeable or cranky, or inclined to mope around. He rode to Los Angeles several times, and no one would have suspected that he was fasting, for his voice and step remained strong. He feels amply repaid for the trouble of fasting, and believes that it was his salvation. His strength has returned so rapidly, and his general condition is so far above that of the general average, that I am afraid his enthusiasm may induce someone to undertake a fast, who is not aware of the gravity or responsibility incurred. Indiscriminate fasting may be the door to broken health and a wrecked constitution. Nichols, however, is now rejuvenated. The catarrhal condition has disappeared, and his health seems perfect.

Fruit juices are of inestimable value in breaking a fast. We included the

MILK DIET

DISEASE can only be cured by and through the blood, and its circulation in the living parts of the body. Any means that improves the quality, the quantity, and the movement of the blood will assist in eliminating disease. One of the most effective of these means is the milk diet, which is as old as history. It has become quite popular of late.

Briefly stated, the milk diet or milk cure consists of the following factors:

1. Complete rest for all the organs of the body, except those concerned in the production and circulation of the blood, and those connected with the elimination of waste and poisonous matter.

2. An ample supply of the only food that will make an immediate large production of blood possible—milk.

3. An unlimited quantity of pure air, to oxidize and cool the blood, and carry off the expired gases.

4. Warm water baths, to soften the skin, equalize the circulation, relax tense muscles, regulate the body heat and, last but not least,

5. When the body is ready for it, exercise to strengthen the muscles, expand the lungs, limber the joints, stimulate the circulation, increase the elimination, purify the blood, develop normal secretion, train the nerves and generally, to fix and make permanent the benefits acquired while resting and building up the body.

Prof. Bauer says: "It is an indisputable fact that in certain diseases, a methodical use of the milk cure gives results such as can be obtained by no other treatment." In the London Lancet Dr. Johnson, a celebrated English physician, writes: "In numerous cases of acute Bright's disease, the speedy disappearance of the albuminuria, under the influence of rest in bed, a few warm baths and copious libations of milk, is noted."

The use of milk in the diet, for nearly all cases of chronic disease, is advised in the principal medical text books. The mistake is made by many of them of combining other foods, even meats and eggs, with milk. Very few physicians understand the proper way to give it, in order to assure assimilation.

In the Porter Sanitarium at Burnett, near Los Angeles, the milk cure is scientifically administered, according to the results of 32 years of experience.

juice of sun-dried, unsulphured black figs.

AFTER SENATOR WORKS.

The Bulletin of the Los Angeles County Medical Association, for November 11, edited by my ardent pro-German friend, Dr. George H. Kress, with whom I frequently have a little friendly tiff on the war, is a special, enlarged number, devoted to criticism of Senator John D. Works, of California, for his attacks on the Owen Bill.

My sympathies, in this case, are entirely with Works. The Owen bill is an insidious attempt to monopolize the practice of medicine by one school—the drugging, carving and serum-injecting school. How many practitioners of any other school are at present in the employ of the Federal government?

The people should beware of medical, as of religious tyranny. A man should be as free to choose his physician as he is to choose his priest.

GERMAN EFFICIENCY.

A Los Angeles merchant, who has been in the habit of visiting the Nauheim baths, in Germany, told me that the medical superintendent of that establishment is a shrewd business man. Whenever an American registered, he telegraphed to his London agent, to find out the Yankee's standing—and made his charges accordingly. Then, when it came to pay the big bill, he did not want coin, but a check, which he sent to England, to avoid paying taxes on it. In this he probably thinks, by now, that he made a mistake.

MAKING STATISTICS.

We are reliably informed that the reports of boards of health, at least from the large cities, are edited by members of the American Medical Association. A report is expected to show certain things from certain districts. For instance, where the A. M. A. activities have succeeded in drawing funds from legislatures and cities for certain pur-

WHAT IS YOUR BLOOD PRESSURE?

The age of forty is a critical period in every person's life. One of the most common things that makes it critical is increased "blood pressure," with its accompanying "hardening of the arteries."

Scientists have fully proved that increased "blood pressure" is caused by the poisonous deposits in the delicate tissues of the arteries. One of the chief agents in this process is impure water—water that contains harmful minerals and vegetable impurities.

Insurance companies say the "blood pressure" test is one of the principal factors nowadays in determining a risk. How do you stand?

This is one out of many ailments which are caused from the use of impure water.

There is one safe way and one only with impure water—Quit drinking it and drink DISTILLED WATER, the only "pure water." Personally it is a little thing to do—the benefits you enjoy are incomparable.

Distilled Water has powerful solvent properties. Carbonate of lime exists in nearly all natural drinking water. Careful distillation eliminates this harmful element.

Distilled Water is rapidly absorbed in the blood—it keeps soluble the salts in the blood, and facilitates their excretions. The daily use of distilled water after middle life is one of the most important means of preventing secretions and derangement of health. It dissolves and carries off the old age matter.

Distilled water is water transformed into steam—and then the steam turned back to water. In the process there are left behind all impurities such as minerals, organic and vegetable matter.

Doctors and other health authorities will tell you that the only reliable pure water to drink is distilled water, carefully bottled. Puritas Distilled Water is scientifically distilled and bottled under strictly sanitary conditions. It is just pure, soft water that is pleasant to drink.

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poses—as in “fighting” tuberculosis, cancer, etc.—and work is being pushed for more funds and more power, the reports from those localities must show a favorable decrease in fatalities from those diseases in that section. From localities where the A. M. A. workers have failed to secure financial support bad reports are to be furnished. This is the system now being carried out.—
Truth Teller.

SEEMS INCREDIBLE.

Following International News Service dispatch, from New York, was published, under date of February 10:

“Mrs Rose Vital of Yonkers was preparing today to undergo an operation, the ninety-eighth for her in the last nine years. The first time she felt the surgeon’s knife was when she had appendicitis. Since then she has spent all her time either preparing or convalescing from operations.”

FORGING THE FETTERS.

The steady propaganda goes on for control of legislators, and school boards, and boards of health, and for the misinformation of the people in the press, in moving pictures, and otherwise, in order that the demand may be increased for poisonous but profitable animal filth, that enriches the over-flowing coffers of the National Drug Company, whose office is conveniently located, within easy access of our national law makers.

Perhaps the people of America may one day awake to the meaning of all this, when they are confronted by forcible school examinations and treatments, and forcible inoculation of everybody. They cannot say that they have not been warned.

HEALTH GERMS VERSUS DISEASE GERMS.

The recognized literature of the day attributes all infectious diseases to germs or micro-organisms. If germs are the cause of disease, they must also

Bulgarian Treatment

THE Bulgarian Bacillus Culture treatment has been found efficacious in cases of Diabetes and other kidney ailments, and digestive troubles. We have the original Bulgarian culture, which we administer according to the formula of Dr. Metchnikoff, of Paris, who first introduced it.

Results obtained from this treatment, in Europe, have been remarkable.

You are invited to call at our office and investigate.

The Bulgarian bacillus has reduced the danger of death from Bright’s Disease and Diabetes.

As stated, we were fortunate in securing some of the original culture. We are prepared to treat those suffering from Diabetes or other kidney ailments, and can promise cures, when the disease is not altogether too far advanced. Do not be discouraged, even if your case has been declared to be hopeless.

This is a natural cure. No drugs.

Testimonials are open for inspection in our office. Full investigation invited.

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Swedish Medical Institute
945 West Seventh Street
LOS ANGELES

cause health, and it is our duty to spend at least a part of our professional time in cultivating health germs. In fact, it would be much better to spend all our time in cultivating health germs, and in insisting on people being inoculated with the serum from these germs, so that there may develop such a state of health that the disease germs will have no show.—J. H. Tilden, M.D.

MEDICAL MYSTERY.

Dr. J. H. Kellogg writes: "The cloak of secrecy which has been thrown about medical knowledge and medical methods has given rise to suspicion. This secretive attitude on the part of medical men has been a scourge of weakness rather than of strength to the profession."

To these remarks I add that, possibly, one reason why the medical profession, like the medieval priesthood, wraps its doings in mystery, is that it is not sure of its ground. In other words, medical practice is not a science, but an elaborate system of ever-changing guesswork. There is no mystery about the Nature Cure.

DOWNFALL OF SALVARSAN.

We have from time to time taken occasion to record the progress of that much heralded and widely advertised panacea for all syphilitic ills—salvarsan. We have joined the psalm-singing chorus of its adulators, and been numbered among those who have raised their voices feebly in doubt, as the evidence accumulated that it was not specific and not free from danger.

Now it is borne in upon us that the doubters are strongly in the majority. The Medical Record discourses learnedly upon "the mechanism of salvarsan deaths"—and a few months ago it was denied that it was responsible for any deaths. The Association Journal has a long symposium, in which practically every participant agrees that salvarsan alone can not be depended upon to cure syphilis, although it may do so in the

Red Removes Rust

IF a gallon of Red Ripe Honey is placed in the bottom of a hundred-gallon tank of clear, white honey, the whole tankful soon turns red. Do you imagine that a spoonful of it down in the bottom of the stomach at the beginning of a meal would have no effect?

If the honey I send you is white and granulated when it arrives it will become red when it feels the warmth of the mouth and stomach. If honey is not properly taken out of the hives and properly stored in relation to sun and moisture it will not make the change. Red develops like a photographic film. Dead material wont act. White in digestion is fog to the brain and rust to the nerves.

Red is produced by expelling the nitrogen or fats and condensing the oxygen. Nitrogen is poison to the whole system. Oxygen is acid, not fats. Acid is electricity. Electricity is produced by rays of sun. When a dose of solar energy is turned loose in the body there's something doing amongst the germs and bacteria. Disease microbes go without their meals when this red sunpower discovers their identity. Disease germs exist and flourish because a portion of the blood is white or yellow. These colors are produced by fats. Excessive heat makes food fat. By subjecting white grapes and yellow apples to cool, moist sunlight they ripen red like honey does. Cold condenses their oxygens. Condensed oxygen makes the blood positive which expands water into heat and force. Every muscle fibre becomes a drawbar hitched to "Old Sol" for motive energy. "Old Sol" can sort out the disease microbes for you without spectacles, but the first thing for you to do is to tumble your name into my mail box.

THE RED RIPE HONEY MAN

OWENSMOUTH, CALIFORNIA

early stages. It is now the accepted custom to combine mercury with salvarsan in treating the disease. Within the last three months it is safe to say forty or fifty articles by syphilologists have appeared in different journals, all advocating this new form of mixed treatment—a treatment which is a virtual acknowledgment of defeat.—Medical Standard.

SCARING THE PEOPLE.

Following, from a Los Angeles evening paper, illustrates the manner in which the Medical Trust is everlastingly trying to foster medical superstition among the people:

“Anybody wanting to deliver a lecture at a church sociable on how flies carry bacteria or what the hookworm does to people, or what the function of a toothbrush is, or any of those fascinating lines; can make it a stereopticon illustrated lecture by writing to the United States public health service, which has established a loan library of stereopticon slides which they will send on request to make interesting lectures on personal and public hygiene.”

DURATION OF DISEASE.

We are told that the average duration of diseases, under surgical conditions, has recently been made the subject of careful study in one of the great European hospitals. Counting the period of acute illness, and the time required for convalescence, the following conclusions were reached: Appendicitis, 55 days; gastritis, 39 days; bronchitis, 35 days; pneumonia, 117 days.

All these ailments would be cured in one-tenth of the time by natural methods. And there would be no “complications,” or bad after-effects.

EATING BRAINS.

Following is from an article in the health department of the Los Angeles Times magazine:

“It has been demonstrated recently that certain persons, whose mental endowment is below normal, may have

MIND AND BODY

I do not believe that “all is mind.” Neither do I believe that a diseased condition can be permanently cured, unless mind and body are brought into perfect harmony. I have studied and practiced psycho-physiological methods for many years. My services are at your disposal. I refer, by permission, to the editor of Brain and Brawn.

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that capacity considerably increased by persistent feeding with a minute structure taken from the brains of lower animals, which is known as the pineal gland."

This reminds me of the practice of some savage tribes, who cut out and eat the hearts of their fallen enemies, in order to imbibe their courage. However, eating brains is "medical science," while eating hearts is simply barbarous superstition. Strange, is it not?

"HEALTHY DISEASE CARRIERS."

A special school has been started in Contra Costa Co., Cal., for the benefit of children who are declared to be "Healthy diphtheria carriers." A number of pupils have been excluded from the public schools on this absurd ground.

If they exclude from the public schools all children in whose throats may at some time be found germs of cholera, typhoid fever, tuberculosis, diphtheria, and other ailments, then there will not be a child left. When will the people put an end to this folly?

"ETHICAL" ADVERTISING.

Representatives of all save two of the newspapers published in Madison county, Illinois, have voted unanimously to omit the title "Dr." from the names of physicians appearing in their news and editorial columns, as a slap at the physicians' professed desire not to be "advertised."

The Alton controversy started when physicians there began decrying the newspapers' practice of publishing patent medicine advertisements.—Alton (Ill.) Dispatch.

GATHERING MATERIAL.

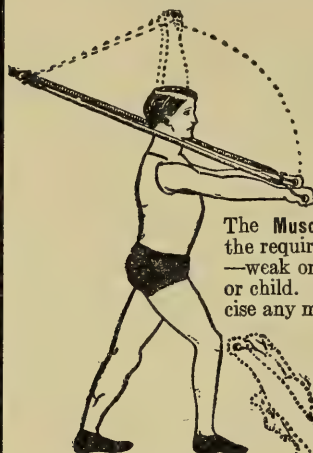
Gibbs—"My wife explored my pocket last night."

Dibbs—"How did she come out?"

Gibbs—"As an explorer should. She acquired enough material for a lecture."—Boston Transcript.

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AN OBLIGING RAILWAY.

The Santa Fe is an obliging railway company. Last month, on a Santa Fe train, in Orange County, near Los Angeles, a woman was prematurely taken in childbirth. A doctor was summoned—there is usually a doctor on Santa Fe trains—the train was held for thirty minutes, the woman safely delivered of a child, and able to get out at her station and go home. Expectant mothers should travel on the Santa Fe.

MIND AND BODY.

Dr. F. W. Rayburn has resumed his practice, as a psychologist. I have known Rayburn for a number of years. He is an earnest and conscientious student. Moreover, he does not go to extremes. He realizes that we are composed of bodies as well as minds. If you need mental treatment, he can help you.

HAIR.

Dr. Charles E. Smith, of Chicago, has something interesting to tell you about falling out of the hair, and baldness. If you take his advice, in combination with a proper diet that does not overheat the blood, you are likely to be thankful for my calling your attention to it.

CARE OF THE COLON.

"Colon Hygiene," by J. H. Kellogg, M.D., is a valuable book, that I recommend strongly to my readers. I reviewed it in the October number.

HOUSEHOLD HELPS.

The Globe Mills, Los Angeles, issues an interesting and useful little bi-monthly, entitled "Globe Household Helps." It contains a number of re-



RUPTURE HAPPINESS

GREETING from John M. Benjamin, exclusive maker of my own invention—the Natural Support Principle—made for each individual case in about one hour.

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Doctors so value and indorse it and are ordering in lots of from 10 to 500, hence, if you do not believe it to be the best and most practical system ever given the public we will gladly refund your money. Price prepaid, 25c.

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ceipts and suggestions to the housewife. Prizes are given every month, for the best receipts. The Globe Mills has establishments at Los Angeles, San Diego, Colton, and San Francisco.

TWO AIDS TO HEALTH.

St. James's Oil and the Hygienic T. bandage are two most valuable local aids to the restoration of health. Taken in connection with a rational diet, they work wonders. I have used the oil regularly, and the bandage occasionally, for years, so that I speak from personal experience.

CHIROPRACTIC.

J. C. Horton, D.C., Los Angeles, has written leaflets, on the most prevalent diseases. You can have any of them, on request.

A GOOD DENTIST.

Theodore Caldwell, of Pasadena, writes to me: "A short time ago I had \$25 worth of dental work done by C. E. Markey, of Pasadena. You may quote me as testifying to his cleverness."

DIAGNOSIS FROM THE EYE.

Instruction in this valuable method of diagnosing disease is given, to the profession only, by the American College of Iridology, in Rockford, Illinois. Full particulars will be furnished on request.

YERBA BUENA.

I call your attention to Yerba Buena tea, a California product, put up in Santa Clara county. I have used it myself, and I know that it is good.

GOOD STUFF.

I have read "Keeping Young," a pamphlet by Uriel Buchanan. It is excellent, and entirely in accordance with my teachings.

WHOLESOME FOOD.

I can vouch for the appetizing quality and wholesomeness of Van Houten's "Vitality" and "Back to Nature" foods, for I have used them, and expect to use them again. Together, they make a first-class combination, and are specially recommended to those who have been abusing their stomach with promiscuous eating.

PROSPECTIVE STUDENTS: We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Tarapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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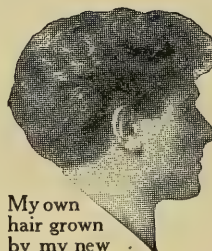
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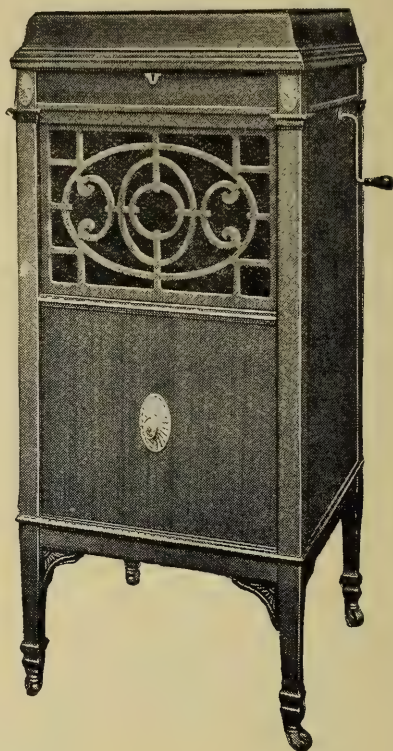
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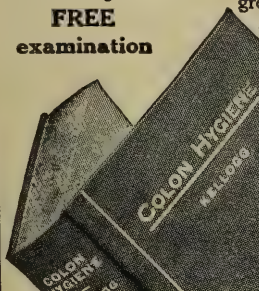
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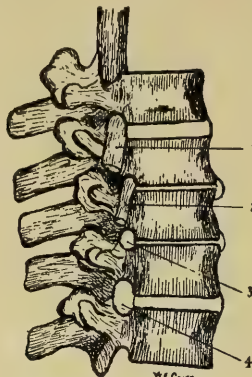
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Vol. IV

LOS ANGELES, APRIL, 1916

No. 11

Some Dietetic Theories

JUDGING from the newspapers and magazines, few subjects are of more interest to the public, nowadays, than diet. A newspaper is indeed behind the times that does not offer its readers a regular column of "Dietetic Hints." Some of the advice thus given is good, some bad, much of it indifferent, with theories ranging from raw food to cereals cooked at a temperature of over 500 degrees. One writer tells you to "eat what seems to agree with you," while another threatens you with digestive damnation, if you run outside of his dietetic schedule of fruit and nuts. No wonder the public is confused by this multiplicity of counselors, or that many throw the subject up in despair or disgust, and go back to the "American plan."

Yet, selection of the food of which body and brain are built is surely of the highest importance. The New Thoughts are fond of saying: "As a man thinketh in his heart, so is he." To which I add: "As a man digesteth in his stomach, so doth he think." Whether life is worth living or not depends, largely, on the liver.

The medical fraternity is gradually coming to admit that many of the most serious chronic diseases are due to dietetic errors. At the annual meeting of the American Medical Association, in San Francisco, last year, several of the leading speakers, including the president of the Association, agreed that diet is a first essential in the treatment and cure of cancer. It is now admitted that beri-beri and pellagra, like scrofula, are caused by the absence of necessary mineral elements in the food. Beri-beri is at once relieved, by substituting unpolished for polished rice.

Here are some of the more important dietetic theories that have obtained more or less vogue during the past few years.

Vegetarianism. This, of course is nothing new. At least two-thirds of the human race are vegetarians, in whole or in part, from choice, religious conviction or compulsion. Those who eat meat more than once a day belong, as a rule, to the leisure class, not to the ranks of hard workers. Many believe that the eating of flesh food is a reversion from the original diet of man, brought about by some great change of climate, in pre-historic times.

Recent experiments, as to the necessary amount of protein food, made at Yale University and elsewhere, have done much to boost vegetarianism, or at least to lessen the demand for meat. Instead of the five ounces of protein, taught in text books, it is now believed by investigators that an ounce and a half is sufficient. As Cornaro said, one-third of the food eaten goes to nourish us, the other two-thirds to breed disease. All long distance endurance walks, in Germany, have been won by vegetarians.

That Americans eat altogether too much meat, is now generally admitted. On the other hand, an ill-chosen vegetarian dietary is worse than a menu of beefsteak and "greens." There are several classes of vegetarians, as of Baptists, some being more "strict" than those who include semi-animal products.

Fruitarians confine their diet to fruits, fresh and dried, and nuts, classing raw tomatoes and ripe olives as fruit. They claim that this was the original diet of man, as it is now of the anthropoid apes, from whom we are supposed to be descended. However, apes rob birds' nests, and sometimes devour young birds.

Prof. Jaffa, of the Experiment Station of the University of California, wrote a bulletin, issued by the U. S. Department of Agriculture, describing experiments with members of fruitarian colonies, in California, in which he pays his respects to their health and endurance.

In 1900, Dr. Edward Hooker Dewey, of Meadville, Pa., wrote a book entitled "The No Breakfast Plan and the Fasting Cure," in which he gave his remarkable experience in improving health and curing chronic diseases by getting his patients to give up breakfast, and eat two meals a day, the first at noon. The practice has since become quite popular. It is founded on the theory that strength is renewed by sleep, so that the morning meal is superfluous, and by interfering with digestion, reduces rather than increases strength.

Whether breakfast or some other meal should be omitted, depends on a person's habits, but there is no doubt that the two-meal-a-day plan is a step toward health and efficiency. Two thousand years ago, a Roman writer chided those who ate to repletion twice daily. What would he say today?

Fletcherism has crept into the dictionary. Horace Fletcher, an American, of means and culture, with a home in Venice, Italy, was an old man at 40. At 70 he is rejuvenated. He recently returned from Belgium, where he has been utilizing his method, in feeding the destitute. He has written several books on the subject.

The theory of Fletcherism is that all food should be chewed until it is involuntarily swallowed. In this way much less is eaten, and there is less waste for the body to dispose of. Objection is made by some that too much chewing is harmful. That may be true. Like everything else, chewing may be overdone. It is safe to say, however, that for every person who chews too much, a thousand swallow their food too hastily.

A century ago, a German peasant, named Schroth, who had dabbled a little in hydro-therapy and other forms of natural healing, achieved a remarkable restoration to health of a Wurtemberg prince, who had been severely wounded in battle, and given up, as hopeless, by his physicians, after protracted treatment. The method adopted by Schroth was "dry diet"—no liquids whatever, except twice a week, when a pint of light white wine was permitted. Prof. Von Noorden has devoted one of his monographs to the subject, under the heading: "Drink Restriction." Outside of Germany, little attention has been devoted to this form of dietetic cure.

The milk diet, as a cure for chronic disease, has become quite popular in the United States, of late years. Combined with complete rest, it has often proved effective. Remarkably large quantities of milk are consumed by patients—sometimes as much as eight quarts a day, in

hourly doses, the average being six quarts. Sometimes, skim milk or buttermilk is substituted. There are a number of establishments in America where the milk cure is administered. This, it should be understood, is a temporary cure, not a permanent diet, although there are records of persons who have lived exclusively on milk for many years.

The Salisbury diet, introduced about forty years ago, by a Scotch physician, consists in eating nothing but finely chopped lean steak, slightly broiled, and drinking hot water. The idea is based on the fact that this food is easily digested by the weakest stomach. This is true, but at the same time, the blood becomes overloaded with uric acid. To obviate this, in some measure, the juice of tomato or other vegetables is occasionally added. Much of the effectiveness of this, and the milk, fruit, and other diets, is undoubtedly due to their simplicity. There are only a few places in the United States where the Salisbury diet is made a feature of the treatment.

The monodiet, or eating only one food at a meal, has of late, come to the front, and has a number of ardent advocates. A physician in Arkansas publishes a small monthly magazine, devoted to the subject. It is based on the fact that different foods require different periods and methods of digestion. For instance, fruit and meat are digested in the stomach, starch in the small intestine. Also, it is urged, that when only one food is taken at a time, people will not be so likely to over-eat. In Paris, recently, a "two plate" club was formed, the members agreeing not to eat more than two foods at a meal.

The non-starch diet was introduced, twenty-five years ago, by Emmet Densmore, M.D., of London, in a book entitled "How Nature Cures." It attracted much attention at the time. Starch must first be transformed into sugar, before it can be assimilated by the system. This involves a long, tedious and burdensome form of digestion. Densmore called bread the "staff of death," and urged its elimination from the dietary, also all other starchy foods, confining the menu to meats, cheese, non-starchy vegetables and fruits. One of the benefits claimed by those who have adopted a non-starch dietary, is absolute immunity from colds.

Fasting is, of course, not a diet, but an abstention from all food, for varying periods, as a means of eliminating morbid matter from the blood. It has had much vogue in this country, of late. Dr. Tanner's two notable fasts of forty days, about thirty years ago, have been exceeded and almost doubled, absolute fasts of seventy-five days having been recorded.

A long fast should never be undertaken, unless the faster is well informed on the subject, or has the advice of an expert. Breaking a long fast is the critical time. For the first three days of a fast, the subject is tormented by appetite, owing to the remains of undigested food, and inflammation of the stomach. After that, he has no desire for food, until real hunger sets in, when the fast is carefully broken. The average loss in weight is one pound a day.

Few people ever know what a struggle is required to keep up a publication that is devoted to the highest needs of humanity. It is only through the co-operation of friends who see the ethical needs of humanity that periodicals with a conscience can be made a success.—Character Builder.

Centenarians

DR. WOODS HUTCHINSON, who says sensational things, in order that he may be talked about, and get a higher price for his magazine articles, recently questioned whether a human being ever lived to be a hundred years old. Referring to this absurd suggestion, Prof. E. B. Warman, who has devoted much time to the subject, sends me following figures:

In the German Empire, according to latest statistics, there were 78 over 100 years; in France, 213; Spain, 410; England, 146; Scotland, 46; Sweden, 10; Belgium, 5; Denmark, 2; Servia, 573; Roumania, 1084; Bulgaria, 3883, (234 of them over 110 years old, 88 between 120 and 125, 10 over 125). In 1891 there were 21 persons in London over 100. In 1890 the U. S. Census gave nearly 4000 over 100. In the ten years ending 1890, Massachusetts reported 203 deaths over 100. In 1890 Iowa had 21 over 100.

Not only is it true that a large number of human beings, in the aggregate, pass the century mark, but it is also true that everybody should live to that age, or over, and would do so, if they did not break the laws of nature. Any one who dies under 100 dies prematurely.

Modern Marvels

LAST month, I sat at a dining table in the University Club, Los Angeles, and heard, distinctly, a speech by the president of Harvard, carried 4000 miles over the phone. Only twenty-five years ago, when the telephone was in its infancy, if anyone had predicted the possibility of this, he would have been laughed at. What will the next quarter century disclose?

Here are a few of the marvels that were unknown twenty-five years ago: X-rays, radium, liquid air, dictagraph, aeroplane, submarines, motorcycles, automobiles, moving pictures, electric heating, wireless telegraph and telephone, linotype.

We have become so accustomed to near-miracles, that we take them as a matter of course. Even the children are spoiled and indifferent. When I was a lad, I looked forward with delight to the prospect of seeing a conjurer extract a rabbit from a hat. Nowadays, nothing less than a sensational moving picture film arouses juvenile interest. The simple playthings of the nineteenth century are replaced by elaborate mechanical toys. The little girl knows that her doll is stuffed with sawdust, and doesn't believe in Santa Claus.

These modern marvels are great conveniences, but they do not necessarily make people happier. Happiness lies within you.

The frightful war now devastating Europe is nature's retribution against mankind for the slaying of animals for food during thousands of years. The man who murders an animal ruthlessly to glut his appetite will not hesitate, in the heat of passion, to murder a fellow man. Nations of meat-eating people are prone at any time to rush into war upon other nations.—Prince Paul Troubetzkoy.

Domestic quarrels produce a nervous or hysterical condition, resulting in indigestion, which brings on more family disputes, and imaginary ills.—Dr. F. H. Wilms.

Oranges

DURING February, March and April, wise people eat California oranges. They are then ripe and sweet.

The orange industry of California has made wonderful growth, since Charles Nordhoff, in 1872, described the big returns obtained by Wolfskill, from his Los Angeles grove, where the Southern Pacific depot now stands. Then, a few hundred boxes were shipped annually to San Francisco. Now nearly 40,000 carloads are shipped, to all parts of the world.

Orange growing is not a poor man's game. It requires capital. The expenses, for land, trees, planting, irrigating, fertilizing, fumigating and frost protection are large. Notwithstanding a model co-operating shipping agency, the Los Angeles Times reported that in the season of 1914-15, the net returns, to growers of navel oranges, averaged only 85 cents a box, while the expenses were 86 cents. At the same time, some growers made hundreds of dollars an acre. Orange growing is a science. When scientifically managed, an orange grove may be relied upon to pay, year in and year out, a good interest on the amount of capital invested in it.

There is no fear of over-doing the business. The safe area for orange growing, in Southern California, is quite limited. If every person in the United States would eat an orange a day, three months in the year, it would amount to 300,000 carloads, or nearly ten times the present output.

California is not entirely free from competition in orange growing. Californians, who have eaten Florida oranges, speak respectfully of them. They do not begin to look so fine as California oranges, but then, a good many Americans are beginning to learn to choose fruit for flavor, not for appearance. I am told that Louisiana is also enlarging her area of orange groves, and that the oranges grown there are good.

Oranges are medicine, as well as food, therefore, are cheap, at the highest price asked for them. Remember, however, that citric acid is a strong acid, and oranges should be used in moderation. They should not be eaten when the stomach is inflamed. Eat them alone, and never, under any circumstances, with starch foods. During the spring, make a meal occasionally of a couple of sweet, ripe oranges. It will do your stomach good.

The Battle of Armageddon

WHENEVER there is a great war, those who look for the fulfillment of Bible prophecies refer to the Battle of Armageddon. Especially now, when armies are fighting in Mesopotamia. Following is the brief and vague Bible reference to this struggle:

"Spirits of demons, working signs, which go forth unto the kings of the whole world, to gather them together unto the war of the great day of God, the Almighty. * * * And they gathered them together into the place which is called in Hebrew Har-Magedon."—Revelations XVI:16.

We have assisted in multiplying diseases; we have done more—we have increased their mortality.—Dr. Rush.

"Eat What You Please"

IN an Eastern magazine a man tells how, after trying all sorts of dietetic fads, he determined to subjugate the corporeal to the mental, took up social service, ate what he pleased, and "felt fine."

That is all right, so far as it goes. As I have frequently said, to be constantly watching your stomach and its operations is the straight road to dyspepsia, and perhaps to insanity.

The mental condition is of the greatest importance. On the other hand, so long as two and two make four, you cannot safely, for any considerable length of time, neglect the proper building of the body by food, without suffering for it, sooner or later. To think otherwise, would be to deny the immutable laws of Nature.

If, habitually, you feed yourself too much material, or harmful material, or wrong combinations of material, you will have to pay the bill, when it is presented. "Be sure your sin will find you out."

This does not mean that you may not occasionally indulge in a banquet, or a glass of beer. I refer to chronic dietetic sins.

A strong mind may dominate a sick body, but at what an awful waste of effort.

Big Families

A WOMAN of Winsted, Conn., has had seventeen children, two of whom are twins. She is only 37 years old, and has been married twenty years. Sixteen of the children are living.

Such rabbit-like families are hard on the woman, even when she is in easy circumstances, and they are hard on the children, that come too soon. At least two years should intervene between births. When a mother is overworked, and is unable to give her children proper moral, mental and physical training, such breeding is a crime.

Yet many, who close their eyes to the omnipresent practice of what is called a "criminal operation," condemn every attempt to impart knowledge regarding prevention of conception, a lesser evil than prenatal murder or broken down mothers, with children that are "just drug up."

Social Systems

I CAN sympathize with those American friends who consider it a terrible calamity if the whole world were German or organized on German principles. But I go one step further. It would be quite as hideous if it were French or Americanized. The social systems and the spirit moving them must be different among the different races. Let us give up the habit of comparing our systems with other systems to show our own superiority.—Prof. M. G. Bonn, University of Munich.

Fifty years ago and less, those who attended high school and college did so because they desired education. Now, at least a fourth of them go because it is "the thing" to do, because a degree—alas, how little it may mean—is required, in order to secure certain jobs, or because they are compelled by parents.—President Foster, Reed College.

Dancing

SOME church people, in Long Beach, Cal., have been waging a campaign against folk dances in public schools of that place, denouncing it as "the first step to hell," and so forth. Not all the Long Beach people are, however, so narrow and rabid. After a performance on the lawn of a high school, one mother said: "The angels could not help but smile upon such dancing as that."

Folk dances are natural, moral, elevating to the mind, and—especially, when danced in the open air—beneficial to the body. Some of the society dances in vogue during the past two years are exactly the opposite. They bear no more relation to folk dancing than does a lewd sex drama to the Passion Play.

Plato says of Greece: "Rhythm and harmony are made familiar to the souls of the youths, that they may grow more gentle, and graceful, and harmonious, and so be of service, both in words and in deeds, for the whole life of man stands in need of grace and harmony."

I noticed, last month, in a news dispatch, that, in one day, two dead bodies of infants had been found, at different places, in Long Beach, and it is not long since the town was enlivened by a nasty scandal, involving gross conduct on part of several "prominent citizens." Perhaps, if more liberty were allowed for innocent diversions, such abnormalities would be less frequent.

Those who oppose folk dancing should read Dr. Luther Gulick's "Healthful Art of Dancing," in which he describes the dances of many countries, as performed by school girls of New York City. As Dr. Gulick says: "In America, we have so completely forgotten the deeper possibilities of the dance, that the word in general use has come to have but one meaning, namely, a man and a woman, holding each other, and performing an exceedingly simple whirling movement, to music, set in four-four or three-four time."

Among critics of folk dancing you will find the same people who consider it as great an offense to drink a glass of claret, with a meal, as to swill whisky to excess.

A Real Lady

BY these signs shall you know a "real lady," when you have the pleasure to meet one, on the cars, in the street, or elsewhere.

She has an air of repose. She is not self assertive. She does not look as if she expected everyone to insult her. She does not carry a chip on her shoulder. She is sure of her position.

When conversing with a companion, she does not glance sideways, to see whether you are admiring her brilliant remarks, or her style, or her complexion, or her teeth.

Her dress, like her manner, is quiet. Not out of fashion, it does not slavishly follow the "last cry" from Paris.

There are many real ladies. Some of them are wives of millionaires; some are working women. There should be many more.

Labor has always been more important than capital, and entitled to greater consideration.—Abraham Lincoln.

Deadly Grade Crossings

THE State Railroad Commission has been discussing a plan that may ultimately lead to the elimination of all grade crossings in California. It is estimated that this would cost from \$300,000,000 to \$500,000,000, an immense sum, but it would save a great many lives, and, incidentally, save the companies much money, now paid for damages. During the year ended June 30, 1914, nearly 5000 people were killed or injured at grade crossings. During nine years, 50,000 trespassers have met horrible deaths.

As long as sixty years ago, when I was a boy, in England, grade crossings were unknown there, and I never saw one until I came to America. Even at stations, there was a fine of thirty shillings, for crossing the track, a foot bridge being provided for passengers. Of course, this would be impracticable throughout a sparsely settled country, but the United States is now becoming fairly well settled up.

Automatic couplers have saved thousands of lives. The abolition of grade crossings would save many thousands more.

Overdoing the Efficiency Idea

THIS striving after efficiency may easily be overdone. You may have too much, even of a good thing.

Tests for employees are constantly becoming more rigid. Applicants are tested for almost every possible mental and physical quality. I don't know whether they make a urinary analysis, but it is seriously proposed, by an "expert analyst," of Chicago, to analyze the chemical elements in the blood of applicants for employment. Says this sharp: "The business man who can distinguish the predominating chemical elements possessed by his employees will have the most efficient staff."

I should not be surprised if one of these paragons of chemical efficiency ran away with the cash box. It is quite likely to happen. Man is something more than a machine. He has a heart, as well as a brain. Some old-fashioned people believe he has a soul.

With efficiency enforced to its limit—with chemical examination of job seekers, and physical examination of would-be brides and grooms, and general examination and tabulation of everybody, this would be a horrible country to live in. I should think of choosing Germany for residence, as a lesser evil.

Mexicans

I CONFESS that, as a people, I love them. Perhaps I am prejudiced; for my warmest personal friends are Mexicans, though I, myself, am an Anglo-Saxon and an American. These Mexican friends I consider as brave and sincere and intelligent and well informed and unselfish as any Americans that I know, and I believe that one day we shall discover the Mexican to be a good neighbor—also that, in the fullness of time, he will give a good account of himself among the nations of the earth.—Alexander Craig in World Outlook.

Pasteurized Milk

NATHAN STRAUS, of New York, was in Los Angeles, last month, explaining his pet hobby of pasteurizing milk. Straus is a good man, but pasteurizing is a bad thing.

Pasteurizing does not kill harmful germs. The heat is not sufficient. It does, however—although to a less extent than sterilizing—radically change the essential mineral elements in the milk. Consequently when infants are fed exclusively on pasteurized milk they are being starved. While they put on fat, it is not wholesome. They are likely to develop constipation, and rickets, and, if such feeding is continued for a long period, consumption. Furthermore, sterilized or pasteurized milk putrefies with great rapidity, after it is exposed to air.

Pasteurizing is a slovenly way of covering up the output of dirty dairies. Get certified raw milk, guaranteed to be pure.

Goat's milk is a much more wholesome substitute for mother's milk than cow's milk, and should be generally used, for infants.

A Billion

A BILLION has become as common, in conversation, as a million was, before the war. In America, a billion is a thousand million. In England it is a million million. If you had to receive a million pounds, English, and pay out five million dollars, American, you would make quite a neat profit. In France, a thousand million is a "milliarde."

The human mind cannot grasp the idea of a billion dollars—even an American billion. Here is an illustration, that may aid you: How many minutes, do you suppose, have elapsed, since the birth of Christ? Only a little over a billion. The billion mark was passed, only twelve years ago. So that, if the Wandering Jew had put by a dollar a minute, without interest, since he started on his long hike, he would now only be a little more than a billionaire.

Yes, a billion dollars is a lot of money. Yet European nations are spending that amount, every two weeks, on the war.

The Spirit of the French

IN great trials a race is tested by its values, and the war has shown the world what are the real values of France. Never for an instant has this people, so expert in the great art of living, imagined that life consisted in being alive. Enamoured of pleasure and beauty, dwelling freely and frankly in the present, they have yet kept their sense of larger meanings, have understood life to be made up of many things past and to come, of renunciation as well as satisfaction, of tradition as well as experiments, of dying as much as of living. Never have they considered life as a thing to be cherished in itself, apart from its reactions and its relations.—Edith Wharton.

Work, chiefly in the open air, and the association of men in small, not too homogeneous groups, are the only conditions under which a large number of human beings can be bred and reared continuously, over a long period of time.—Atlantic Monthly.

Arguments Against a Flesh Dietary

DR. H. LINDLAHR, of Chicago, is not a fanatical vegetarian. At his sanatorium, in exceptional cases, he prescribes meat to patients. Therefore, the following arguments against a flesh dietary carry extra weight. They are from his book, the "Nature Cure Cook Book":

Two processes are constantly going on in every animal organism: a building up and a tearing down process. The red blood carries into the body the various elements of nutrition, and comes back laden with poisonous gases, broken-down cell material, and devitalized food products. This debris is carried in the venous blood to the various organs of depuration and excreted in the form of feces, urine, mucus, perspiration, etc. Every drop of venous blood and every bit of animal flesh is contaminated with these poisonous excretions of the animal body—the feces of the cells. The meat-eater, therefore, has to eliminate, in addition to his own morbid waste products, those of the animal carcass.

Chemical analysis proves conclusively that uric acid and other uraemic poisons contained in the animal body are almost identical with caffeine, thein and nicotine, the poisonous stimulating principles of coffee, tea and tobacco. This puts flesh foods, meat soups and meat extracts in the same class with coffee, tea, alcohol, tobacco and other poisonous stimulants. It explains why meat stimulates the animal passions and why it creates a craving for liquor, tobacco and other stronger stimulants.

Not long ago we saw a father in high glee at the sight of his little two-year-old baby boy chewing busily at a piece of rare beefsteak, the blood running from the corners of his mouth. Daddy related to me proudly that baby already liked his coffee as well as anybody else in the family. Imagine the tender, sensitive nervous system of the little child, from the cradle up, over-irritated with these powerful stimulants! Well-informed physicians tell us that a very large percentage of children acquire unnatural sexual habits before they leave the public schools. Is it any wonder?

It must also be taken into consideration that the morbid matter of the dead animal body is foreign and uncongenial to the excretory organs of man; in other words, that it is much harder for them to eliminate the waste matter of an animal carcass than that of the human body. Moreover, the formation of ptomaines, or corpse poisons, begins immediately after the death of the animal. This is a serious matter, since meat and poultry is kept in refrigerators for many months and sometimes for years before it reaches the kitchen, green and livid looking, and sending forth suspicious odors which have to be doctored with chemicals and spices.

The nobler among carnivorous animals devour only freshly slaughtered prey. It remains for scavengers of the hog and hyena type, and for man, to feast on flesh long cold and stark, and tainted by the odors of incipient decay.

Foregoing statements will explain why even the best of meats are detrimental to health. The danger becomes much greater when soup, roast, ham or sausage trace their origin to tuberculous or

“lumpy-jaw” cattle, or to scrofulous or cholera-infected hogs. Raw meat is especially dangerous, because it is often the source of trichinae, tape-worms and other parasitic infections.

The word scrofula is derived from the Latin word “scrofa” (sow) indicating that the ancients recognized relationship between pork eating and scrofulous diseases.

Even the artificial fattening processes to which the animals are subjected, in order to increase their weight and consequent market value, are fraught with deleterious effects upon the meat products of their slaughter. It is a well recognized fact that, in most instances, a superabundance of flesh on the human animal is synonymous with systemic poisons and incipient disease. Why should we expect better results from this unnatural and inhuman, though unquestionably “profitable,” stuffing treatment inflicted upon cattle, hogs, chickens, etc., just prior to their conversion into food for man?

Still other powerful influences tend to poison the flesh of slaughtered animals. It is now well understood that emotions of worry, fear and anger actually poison blood and tissues. Fear and anger of the mother poison her milk and through the milk her nursing babe. The bite of an infuriated man has often proved as poisonous as that of a mad dog. All of us have experienced the poisonous and paralyzing effects of worry and fear. Animals are instinctively very sensitive to approaching danger and death. Fear is one of their predominating characteristics. How excited they must be by emotions of worry, anger and fear, after many days of travel, closely packed in shaking cars—hungry, thirsty, tired, scared and angered to the point of madness! Many die before the journey is ended; others are driven, half dead with fear and exhaustion, to the slaughter pens, their instinctive fear of death augmented by the sight and odor of the bloody shambles. Think of the wounded deer and rabbit chased by hounds for many miles before death ends their agonies.

Private Interests and War

I AGREE that war may come to this country, but if it comes it must be the result of the calm, dispassionate, loyal purpose to meet the awful scourge because there is no other way of defending our civilization, our institutions and our honor. I do not assert that every person or corporation which may profit from war would incite war, but I do assert that all such persons and associations are not competent to judge the controversies which may lead to conflict, and, inasmuch as they cannot be removed from the great panel of the republic, they ought to be removed from the business out of which the interest grows. It ought to be made impossible, so far as the power of the government is concerned, for any man or corporation to make money out of war.—Senator Cummins, of Iowa.

Vice is a monster of so frightful mien,
As to be hated needs but to be seen;
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace.—Alexander Pope.

“Superfluous Women”

IF there is not a husband for us somewhere in the world Cosmo Hamilton calls us superfluous, sister dear! And as husbands are being killed off by the million, he is very concerned about the future. * * *

Is it, then, so very advisable to repeople the world, just at present? Is it not, perhaps, the purpose of nature to let the superfluous woman work out her own salvation, and the world's? She may not prove so very superfluous, after all. There may be other work besides breeding for her? A decade's abstention in that line might prove highly advantageous, especially if we carry out the much-uttered intent to abolish war, hereafter. * * *

Large male populations are really only necessary for war, and since we have decided there are to be no more wars, why worry? Women will adequately make up the shortage in labor. They have already, in England, Germany and France—and good labor, too. * * *

Race suicide lacked decency, but a respectable and necessary abstention, which a fairly numerous number of women have not found wholly insupportable in the past, seems a simple and proper solution of the problem. The women can bear it, if the men can.—Alma Whitaker, in Los Angeles Times.

Hosea Bigelow on War

IZ fer war, I call it murder—
 There you hev it plain an' flat;
 I don't want to go no furder
 Than my Testyment fer that:
 God hez sed so plump an' fairly;
 It's ez long ez it is broad;
 An' you've gut to git up airly
 Ef you want to take in God.

'Tain't your eppyletts an' feathers
 Make the thing a grain more right;
 'Tain't afollerin' your bell-wethers
 Will excuse ye in His sight;
 Ef you take a sword an' dror it,
 An' go stick a feller thru,
 Gov'ment ain't to answer for it,—
 God 'll send the bill to you.

Wut's the use o' meetin'-goin'
 Every Sabbath, wet or dry,
 Ef it's right to go a-mowin'
 Feller-men like oats an' rye?
 I dunno but wut it's pooty
 Trainin' round in bobtail coats—
 But it's curus Christian dooty
 This 'ere cuttin' folks's throats.

—James Russell Lowell.

Briefs

Dr. Aitkin, astronomer at Lick Observatory, says the sun-spot theory is all wrong. Next.

Sixty Americans are taxed on incomes of a million, or more.

Chicago has a large new hotel, with all rooms at \$1.50. The idea will spread. "And up" is a nuisance.

Lady Northcliffe says American girls are too athletic. That is better than wasp waists and fainting spells.

In one east side block, in Los Angeles, I saw a movie placard "Auto Thieves," another "Exposure of Gambling." Good suggestions.

German war helmets weigh six pounds. Pleasant in summer.

Great Britain bars California fruit, but accepts California hops and barley. In England and Germany, beer is a necessity, fruit a luxury.

A suit at Fullerton, Cal., involved two inches of frontage. Forty years ago, that land was sold by the square league.

A large part of the personal fortune of the Kaiser is in the Hamburg-American line. That may be one reason why he wishes to avoid war with America.

English publications are hard pressed by the war. The Standard, a London daily established in 1827, has suspended.

Baltimore has an anti-noise policeman. He has already killed or banished a thousand roosters. Good for Baltimore. Los Angeles now has one also.

It is reported the Kaiser is willing to sacrifice 200,000 men, to take Verdun—European dispatch.—How about the men?

At an election, last month, in East Dubuque, Iowa, of 286 women voters, 200 voted "wet."

Powdered beer is used, in Oregon. Thirst, like love, will find a way.

The first congress of women held in Mexico, at Merida, Yucatan, was attended recently by 700 delegates.

It is an ill wind that blows nobody any good. A cousin of mine is an anti-airship insurance agent, in England.

Great Britain will adopt a big scheme of land purchase, in England, similar to that successful in Ireland.

German women are selling their tresses, to help the government.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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No. 1

Fate of the Reformer

"Blow, blow, thou winter wind,
Thou art not so unkind
As man's ingratitude."

THE ancient Greeks put a citizen to death, simply because they were tired of hearing him called "The Just." We do not kill our patriots nowadays, but we crucify them mentally. There is more than a little truth in the saying "Republics are ungrateful." True, we pay out large sums every year to those who fought in the Civil War. The political party that opposed such payment would not live long. When, however, a man forges to the front, and shows himself a true patriot and friend of humanity, he is fortunate, indeed, if he does not soon discover how evanescent is popularity. First, he is an idol, then a "has-been," and finally, he is lucky if he escapes being called a traitor.

It is no wonder that good men hesitate about running for office. To have mud slung at you by the other side is not pleasant, but to have your own people, for whom you have sacrificed yourself, turn and rend you, is enough to sour the milk of human kindness.

In a free country, the people get as good a government as they deserve.

Neighbors and Nations

WHEN neighbors fall out, over an offence—sometimes over a fence—they either cease intercourse, or go to law. Only in rare cases do they resort to physical violence. And then a policeman steps in.

When nations have some misunderstanding, the newspapers, in big headlines, begin to shriek "War!" Why?

I received an invitation to enroll in the American Legion, to serve "when the United States Government may deem hostilities imminent." Rather vague.

Two political parties cannot possibly be amalgamated, unless the extremists on each side give way.

Race Prejudice

THERE is probably more race prejudice in this enlightened "land of the free," than in any other country of the world. If you doubt this, consider the average American sentiment toward Jews, negroes, Chinamen, Japanese and "Dagoes."

A Yale student, walking with another, remarked that he had only just discovered that a student, passing by, was a Jew. Now, the young man he spoke to was a Jew. When he remembered that, he was embarrassed, changed the subject, and soon left. The next morning he actually called on the Jew, and apologized for having used the hateful word.

In that Jew's place I should have replied that I was as proud of being a Jew, as the other could be, of being a Christian.

While such narrow, senseless race prejudice prevails, can we wonder that we live in an atmosphere of war and "preparedness"?

An Unsuccessful Candidate

WILLIAM GRANT WEBSTER, second candidate for the Republican nomination for President, in Illinois, thus outlines the principal plank in his platform: "I favor the immediate invasion of Canada and Mexico, and the annexation of those countries to the United States."

After this, it is not surprising to learn that Mr. Webster bears the distinction of having been an unsuccessful candidate for public office more times than any other man in Illinois.

It would be interesting to ascertain whether Mr. Webster proposes to enlist, when called upon.

Henry James

HENRY JAMES did not live long, to enjoy the royal honors, bestowed upon him by King George, when James became a British subject. I cannot understand any true American becoming a subject of a European monarch, but James was already an Englishman, in thought, and by affiliation. His apostasy is more excusable than that of Astor. When he took the oath of allegiance to the crown, he explained that he had lived and worked in England for forty years, and had developed such attachment for the country, and sympathy with its people, that he desired to throw his moral weight and personal allegiance into the British cause, in the European war.

We need the Philippines as much as a dog needs a tin can tied to its tail. And they are almost as difficult to get rid of.

A la Carte

THE meal at fixed price, or table d'hôte, is rapidly being abandoned for the saner a la carte menu. The other plan tended to over-eating, for the average man likes to get his money's worth. So does the average woman.

BRAIN AND BRAWN offers a mental menu, a la carte, you are not expected to eat through the whole bill of fare, although some do, even including the advertisements, and declare that it agrees with them. On the other hand, if you find nothing to please you between the two covers your mental digestion must be sadly out of order, and you should see to it at once.

I do not try so much to tickle your palate as to furnish food that will strengthen your brain. Yet, I think you will admit that the "mental pabulum" is not insipid.

Railroad Wreckers

ONE-SIXTH of the railroad mileage of the United States is in the hands of receivers. The reason for this you may read in the story of the looting of the New Haven, by "malefactors of great wealth"—and respectability.

We hear much deep concern expressed, in certain quarters, for the widows and orphans, said to be ruined through anti-railroad legislation. How about ruin wrought by these organized financial bandits? It may possibly be true that restrictive legislation has swung a little too far in the other direction, but surely, there has been sufficient provocation. Honest men need not fear anti-robbery laws.

Before the Traffic Club, of New York, ex-President Taft said: "You have yourselves to blame for the hampering regulations with which you find yourselves enmeshed."

Corporations may have no souls, but they are composed of human beings, who have minds and bodies, and are entitled to justice, like other individuals. A platitude, that reformers sometimes seem to forget.

Evidently, some people, on this side of the line, are trying hard to transform the pursuit of Villa into a war with Mexico. They assume a grave responsibility.

In these troublous times, it is well to remember that men of all nations are human beings, good, bad, and indifferent.

If what we are pleased to call "civilization" was not a ghastly farce, "preparedness" would be unnecessary.

Brooklets

We have had some fine warm weather in March, but I wouldn't pawn my overcoat yet, if I were you.

* * *

A Los Angeles man says his wife has one grave fault. She cannot pass a savings bank, without wanting to deposit something. I should not call this a fault, but a "saving grace."

* * *

There is no need for women to propose. A man will propose, if he wants her. If he doesn't, does she want him?

* * *

Swat your vices and coddle your virtues.

* * *

Men should not poke fun at female fashions, so long as they wear garments that make them look like boys who have outgrown their clothes.

* * *

"Timidity; How to Prevent It," is the title of a book. Well, for one thing, remember that the other fellow may be as timid as you—and perhaps more so.

* * *

Barefoot dancing shows that the female foot is not at all like those depicted in the fashion plates.

* * *

English officers are cursing "that blessed word Mesopotamia."

* * *

Movies, autos, electric lights, telephones, coffee and cocktails create nervousness and destroy poise.

* * *

Some of my consultants tell me they eat "like a bird." Yes—like an ostrich.

* * *

After a man has satisfied his five senses, and acquired fame, there is nothing left for him to seek, unless he has learned the pleasure of making others happy.

* * *

Infidelity is rampant in Latin countries, where superstition formerly reigned.

* * *

An elderly friend complains that "menials" call him "Daddy." I got used to that, long ago. Some newsboys call me "Harry." If you don't like it, go to Europe.

* * *

The trenches are awful, but a dentist's office is no joke, either.

Stammering

LET us consider a contribution of Dr. L. K. Hirshberg to the Rochester Herald:

"With few exceptions, perhaps, no man or woman should be a stutterer." This is like a saying of an ancient oracle. The author is safe, whichever way you take it.

"Even if one is so unfortunate as to have inherited some structural defect, not remedial by a surgeon, much of the trouble may be eliminated." Very few readers have any idea what a menace to the stammerer this apparently innocent passage is. Although it is inexcusable not to know that the stammerer has no structural defect, for he talks properly when he is alone, the suggestion of a structural defect and a surgeon, especially by a doctor with some reputation, is likely to start one of those waves of surgical treatment that has been the bane of the stammerer, and a disgrace to the medical profession. In spite of the revulsion, caused by the fatal results of the notorious Diffenbach operations in Europe, about seventy years ago, it has been impossible to stop operating for stammering. When one wave of the practice dies out, some inconsiderate doctor, possibly misled by a passage such as that in question, "chances" an operation, is deceived by the temporary benefit, publishes his wonderful discovery, spreads the news broadcast, and starts another wave of operations. Thanks to antisepsis, the poor stammerer no longer pays with his life, but with his money and his confidence.

"If a vocal teacher or an elocutionist is available, patience and persistence upon the part of the teacher and pupil will accomplish a cure." So; vocal exercises will remove "structural defect not remedial by a surgeon." Then, why go to a surgeon at all? We will have to reject this dictum that vocal exercises cure structural defects. But since vocal exercises have, in rare cases, cured stammering, we must conclude that no structural defects were present, and that Dr. Hirshberg disproves his own intimation of structural defects. Moreover, most vocal treatments, such as breathing exercises, lip-movements, etc., although giving temporary relief, ultimately make the stammering worse. Anything that attracts the mind to the speech increases stammering.

"Unluckily, most stutterers visit doctors for a cure." How did that gem of truth get in?

"Once the painstaking physician has made a thorough diagnosis, the victim should hie himself to a patient elocutionist . . ." "Victim," is good. There is inconsistency in not waiting for an operation on that imaginary inherited structural defect, but never mind the inconsistency. Remember those sinister words "unfortunately" and "victim," and stand not on the order of thy hieing, but "hie."

"Rapid thoughts often block the complete action of the vocal apparatus and thus instigate the trouble." He must be confusing thoughts with fish bones.

"The initial letters and initial syllables do not come freely, because thoughts fly ahead of muscle action . . ." Be on the safe side: keep your thoughts behind your muscle action. " . . . and an unconscious air brake or cramp holds up vocal movement until a right-

of-way is declared open." Did that stray away from a railroad instruction book, or is the "unconscious air brake" given as a new theory of stammering? It reads as if the air is hot.

"A stutterer must be forbidden to speak—nay, even to think, for a time." Go to Russia.

"It behooves the stutterer and stammerer, who would be cured, to begin at once, and continue such articulate gymnastics several years." . . . "Rest at all times, except during practice and lesson periods, is part of the treatment." Available to millionaires only.

Now, for the truth: Stammering is merely a misdirected effort at speech, prompted by a mistaken idea of disability. It disappears, if one declines to make the effort. The time of disappearance, by that method, ranges from no time, at inception, to a few years, in adult life. The time may be hastened by special treatment; but such treatment should be skillful; because, since stammering is interference with speech, unwise treatment will increase the stammering.

If this simple truth were disseminated, instead of the current nonsense—most of the articles on stammering are like the one reviewed—stammering would be wiped out, within a few years.

Los Angeles.

ERNEST TOMPKINS, M.E.

Working Toward Compulsion

BLANKS are being distributed in Los Angeles schools giving notice that children are to be examined by the school health examiner, and stating that parents who wish their children excused from such examination, will not be required to have them examined, provided they make such a request to the principal. The words "Printed blanks for such request may be secured from the principal" are crossed out in red ink. This is a fine example of "steps" toward compulsory inspection.

First: The excuse blanks were handed freely to the pupils.

Second: The blanks could be procured by request from the principal.

Third: Printed blanks are no longer provided.

Just a little more trouble each time for the parent who objects to compulsory medical examinations.—Medical Freedom.

Planetary Hair Tonic

FIND the following advertisement in a magazine devoted to Spiritualism:

"Planetary Hair Tonic. Use it according to the moon's signs. We tell you when. Nature does the rest. We furnish a list of auspicious dates for using, and instructions free with each bottle."

Yet, some people believe that the Age of Superstition is past.

A soldier with the Mexican expeditionary force says: "We were fed pretty well—hard tack and corned beef." They will all get sick, on such a diet.

In a chain of drug stores, the sales of prescriptions and surgical goods is only 18 per cent. of the total business.

The Lenten Fast

WHEN Jesus fasted forty days, in the wilderness, to strengthen his spirit, for the trial that was to come, he really fasted. That is to say, he abstained altogether from food. During the past thirty years, in the United States, hundreds have fasted for a longer period, for the sake of their health.

In prescribing the Lenten fast, which began on March 8, the Catholic Church has regard to the weakness of human nature. Here are the Lenten rules, announced in the Catholic diocese of Monterey and Los Angeles. They apply to everyone between 21 and 60 years of age, "who has not obtained special exemption from the priest of his parish, on account of illness or infirmity":

"First—All days of Lent except Sundays, are fast days.

"Second—Those who are obliged to fast are allowed but one full meal a day, except on Sundays, when there is no restriction.

"Third—General usage has made it lawful to take in the morning a cup of coffee, tea or chocolate, with a small piece of bread. The principal meal may be taken at noon or in the evening, according to one's convenience.

"Fourth—Where it is not convenient to take the principal meal at noon, the collation or light meal set for the evening may be taken either in the morning or at noon, and the dinner then may be taken in the evening.

"Fifth—It is forbidden to use flesh meat and fish at the same meal during Lent, even on Sundays.

"By the authority of the Holy See the following dispensations are granted to the diocese of Monterey and Los Angeles:

"The use of flesh meats is permitted at all meals on Sundays in Lent and once a day at the principal meal on Mondays, Tuesdays and Thursdays in Lent, except Ember Saturday and Holy Saturday."

"By virtue of a special indulgence renewed by the pope, working people and their families are exempt from all fasting from meat on all days of the week except Friday, Ash Wednesday, Wednesday and Saturday of holy week. Flesh meat and fish may not be used at same meal.

"The use of butter, cheese, milk and eggs is permitted every day in Lent, not only at the principal meal, but also at the collation. Drippings and lard may be used in the preparation of food not only during Lent, but on all other fast days during the year.

"Those who are exempt from the precept of fasting may eat meat at the three meals on the days which it is permitted."

There are millions, in the United States alone, who eat more abstemiously than this, from conviction, and knowledge of the laws of health, and there are other millions who would be glad if they could afford to eat so liberally all the year round.

However, anything that induces people to deny themselves, even a little, and for a short time, is commendable.

Those prepared to offer a room, with rational board, city or country, especially fruit growers, would do well to patronize the advertising columns of BRAIN AND BRAWN.

Forty Years Ago in Los Angeles

FORTY years ago, on April 20, I arrived in San Francisco, from England, having come to California with the idea of growing oranges, in Los Angeles county. However, I remained five years in San Francisco, spent a day in Los Angeles, on my way to Arizona, in 1881, and it was not until 1886 that I came here to reside.

In 1881, Los Angeles had a population of about 11,000. Business was dull, and many of those who could dispose of their property were going to the newly-opened mining region of Tombstone, Arizona. Those who could not sell out remained, and became "prominent citizens."

Here are more items about old Los Angeles forty years ago, from the Express of February, 1876:

M. J. Newmark, Kaspere Cohn and Morris A. Newmark have had plans drawn for three beautiful residences to be built on Main street, between Seventh and Eighth. They will be two stories high, containing eight rooms each, and will cost about \$6500 apiece.

Eight bales of hides and twenty-five sacks of corn constituted the freight shipments from Los Angeles by the Southern Pacific today.

The impression has gone about that the price of land in Los Angeles county is unreasonably high. This is not the fact. Good farm land can be obtained at \$20 an acre, while choice land, with water privilege, can be purchased for \$40 and upward.

A large crowd went out to the San Gabriel Mission yesterday to witness a cock fight.

Property owners on Main street have been notified to move their fences back to the street line.

The following shipments were made from the Southern Pacific depot this morning: Sixteen bales of wool, 127 sacks of corn, twenty-five boxes of oranges and twenty-five sacks of rye.

Rice; Hindoo Style

LIKE soggy potatoes, soggy rice is indigestible. Rice, properly cooked, is digested in two hours. In his "Nature Cure Cook Book," Dr. Henry Lindlahr gives twenty methods of cooking rice. Here is that for boiled rice, Hindoo style. Hindoos live largely on rice, and know how to cook it:

"Pick over unpolished rice, add it slowly to rapidly boiling water. When soft, put into a colander, pour cold water over it, drain, and reheat the rice, in the oven. Prepared in this manner, every grain of rice will be separate."

White is bad for the eyes; red for the nerves. You find little of either in nature.

Money Cannot Buy Happiness

ACCUSTOMED through life to the hard toil of a blacksmith, then suddenly projected into luxury and idleness was too much for August Weeghman, father of Charles Weeghman, president of the local Federal League baseball club, so he cut his throat at the home of his son.

He was 65 years old, and for nearly fifty years had worked as a blacksmith in Richmond, Ind. His son came to Chicago, made a fortune in the restaurant business and prevailed on his parents to leave the plain old home and live with him.

They came two years ago. Time and luxury and modern "contraptions" proved a burden to the blacksmith. He grew despondent and restless.

Charles Weeghman said: "Time was really heavy on his hands. He had plenty of money, everything he wished. I believe that the inactivity deranged his mind."—Chicago Dispatch.

Appetite is Not Hunger

THERE is a popular opinion among the majority of people that appetite, that is, a desire for food, is an evidence of good health.

This is one of the serious mistakes into which people have gradually evolved. Irritation of the mucous membrane of the stomach is one of the most serious and unhealthy conditions with which this much-abused organ is afflicted. While this condition exists, it calls with ferocity for foods. The satisfying of this craving has killed suddenly hundreds of thousands of people, whose death was attributed by the best medical doctors to "heart failure."—A. S. Dresher, in Herald of Health.

Why Do You Do It, Girls?

PHOTOGRAPHS, reproduced in the newspapers, illustrating dramatic and other poses, by feminine undergraduates of the University of California, might, not unnecessarily, lead to the suggestion that art and physical exposure are not one and the same. Whence, let us ask, comes this tendency among college girls—we may even say passion—to exhibit, before the camera and the public, their physical charms, if they may be so called?

Seriously, there is apparently a group of young women, at Berkeley, who need to be told that exposure of bare legs and rounded bosoms is quite as likely to be set down to an instinctive vulgarity, as to artistic sensibility.—Argonaut.

A healthy body produces antiseptic saliva and mucus secretions which are intended to act as fortifications against bacterial invasion of sufficient amount to cause trouble.—Dr. C. E. Markey.

Persons with a residence of under ten years formed more than half of all succumbing to tuberculosis in Southern California during the past five years. Many had lived in the State only a few months.

Pensioning Fire Horses

IT is, we think, impossible for humane people to withhold sympathy from the movement in Melrose, Mass., a suburb of Boston, looking to the pensioning of fire department horses superseded by automatic apparatus. The plan is to send them to a public farm, where they will be well cared for, rather than permit them to be sold at bargain prices to people who know nothing, and care less, of their past service to the public. Humanity to animals is a long step toward greater humanity to men.—Christian Science Monitor.

Thunder

WHEN clouds are driven past one another by wind currents electricity of a frictional kind is produced. Lightning is caused by the passing of the electricity between the two clouds or from a cloud to the earth. As it travels it expands and drives the air in front of it. When the lightning has passed the air that was driven away returns with a rush, and it is this rush which causes the noise of thunder.—Pearson's Weekly.

In England they are talking about a government lottery, to raise money for war purposes.

Dr. Eliot, president emeritus of Harvard, was 82 in March. He rides horseback and bicycle, walks, and rows.

People forget that the true value of food to anyone is the measure of its digestibility. Dried beans represent much food value, but who can get this value out of them? People are constantly comparing one food with another in respect to their chemical value. It should be with reference to the digestibility of foods. It is what we digest and assimilate that is of value to us.—Your Health.

Dr. F. B. Jones, assistant superintendent of the Seventh Day Adventist Sanitarium, at St. Helena, Cal., was arrested at Seattle, for bringing from Vancouver 114 phials of a drug, importation of which is forbidden.

Profitable Publicity

Experienced advertisers know that there is quality as well as quantity in circulation. Ten thousand copies, carefully read, do you more good than a hundred thousand glanced through and cast on a car seat, or in a waste basket.

Brain and Brawn is read and reread, from cover to cover, by thrifty people who think. They lend it to their friends. They read the advertisements also, and believe them, knowing they are censored.

It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

WHY HARRY?

Why do you sign yourself "Harry," a nickname, instead of Henry?—C. F. B.

Because it is my legal name. When I was christened, according to the rites of the Episcopal, or State Church of England, to which my parents then belonged, it was intended to call me Henry, after my father, but when a good old maiden aunt, who held me, as one of my godmothers, was asked by the priest: "What is the name of this child?" she was rendered so nervous at the solemnity of the great event that she blurted out "Harry." So Harry I became. I'm not at all sorry, for "Henry" sounds altogether too formal for a man of my type.

I trust this will satisfy my correspondent that I have a title to the name I use. He must accept my word, for alas, the parties to the transaction except myself, are all dead.

By the way, what a joke parents often perpetrate on their children, in naming them. For instance, Harry is from the German "hein reich," meaning "a rich lord," while my wife is named Agnes, "a lamb." Children should be allowed, when they grow up, to choose their own permanent names.

OLIVE OIL.

L. J.—The proper way to use olive oil is to beat it up thoroughly with an egg beater, or a spoon, so as to make an emulsion, and then eat it with salad or vegetables, or any other food. All fats are heating, and less should be used in warm weather than in cold. Ripe olives—when unspoiled by heating in cans—are better than olive oil, even as grapes are better than grape juice. Dried olives may be had of Otto Carqué.

EASILY ANSWERED.

What shall I do, when I feel heavy and uncomfortable, after eating a full meal?—R. J.

Don't eat a full meal.

NAME, PLEASE.

As a subscriber to BRAIN AND BRAWN, may I ask you to publish an article on the cause and cure of hydrocele? I have a little one, four years old, who has that affliction. A medical doctor advises operation, as the only cure.—P. C. G., San Diego.

If you give your name and address, yes. How often is it necessary to repeat that anonymous communications are always ignored by all reputable publications in the world?

Of course, the M.D.'s say "Operate." That is what they are there for.

POLYURIA.

K. T.—The trouble of which you complain is probably not diabetes, but polyuria, a large flow of pale, odorless urine. The cure lies in regulating the diet, and increasing the function of the skin by friction, air and sun baths.

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

DIE DIAGNOSE AUS DEN AUGEN; 288 pp., with supplementary volume, containing 270 illustrations; Nils Liljequist; Krueger & Co., publishers, Stockholm; for sale by The American School of Iridology, Rockford, Ill.; price, \$5.40, by mail.

Dr. Cabot admitted that his diagnoses were only fifty per cent correct. Some methods of diagnosing are not only uncertain, but harmful. As, for instance, pounding of the abdomen, in appendicitis. Osteopathy and chiropractic were steps in advance. The diagnosis from the eye is so simple and certain, that it is a wonder it has not been more generally adopted. However, it requires much study. The system was proclaimed by Ignaz Peczely, a Hungarian physician of large practice, in a book published in 1880. He expounded the theory that "azure is the normal color of the eye of the Caucasian race, that allopathically treated diseases darken the color of the eyes." The author of the book here reviewed, a Swedish pastor, took up the system about the same time, and developed it. He has published 22 books on the subject.

The diagnosis from the eye is based on the discovery that morbid changes, going on in the system, make themselves noticeable in the eye. In a book several hundred years old is this passage: "Shepherds judge the diseases of their sheep by the lines and other signs of the eye. In man, signs near the iris indicate diseases of the lungs."

Liljequist, in this comprehensive book, goes into full details, showing how various ailments are indicated by signs in the eyes. As he says, in his introduction, we have long known that the eye is the mirror of the soul, but only within the past half century has it been discovered that the eye is also the mirror of the body.

This most valuable work should be owned by all progressive physicians, who read German. An English edition will be published in a few months.

JUSTICE IN WAR TIME; Hon. Bertrand Russell; Open Court Publishing Co., Chicago.; price \$1.00.

A thoroughly impartial review of the war situation, with glances at the results that may follow. Written in scholarly vein. To show that the author is strictly just, I may mention that, in England, he has been denounced as a pro-German, and in Austria a pamphlet by him was prohibited. He does not like the Kaiser, and he criticizes the foreign policy of England.

"Assisting Nature" is the title of an artistic booklet, published by the Lamb School for Stammerers, Pittsburg, Pa. It contains a portrait of Joseph J. Lamb, who has a strong face. He suffered from stammering, from the age of three, until he cured himself.

During four years, the San Francisco Co-operative Employment Bureau gave 189,284 beds, and 334,546 meals, to the needy.

The value of the poultry interests of the United States amounts to a billion dollars.

Hox Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism and commendation are invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A FALSE REPORT.

The comment in your March number, on a supposed utterance of mine, to the effect that "Bryan, Shaw and Sunday are incompetent," which you kindly sent me, is, as is apt to be the case, based on a mistaken report of my words. It does not, of course, seriously matter.—Paul Shorey, University of Chicago.

One can scarcely dare to believe anything one reads in the press. I aim at the truth, not sensationalism.—Ed.

TOO MUCH EX.

Your proof reader must be an "ex." Witness "exzema" and "excercise" in the March number.—Subscriber.

Yes, it was ex-ecrable, but then, they say even great Homer nodded, occasionally. When a man has to write 20,000 words, every month, and attend to a mass of correspondence besides, you must make allowances. As a rule, the proof reading is clean.

WHAT ARE WE COMING TO?

After "near beer" and malt extract, I presume tea, coffee and Jamaica ginger will be put under the ban. Also, Limburger cheese. And grapes, for fear they might ferment, and corn, unless it is fixed so that it cannot be used for distilling purposes. No smoking on the streets, and then men will probably have to wear blue goggles, so that they cannot observe closely the modern fashions of the women.—G. E. Thorndike, 201 N. Los Angeles St., Los Angeles.

A FAMILY GUIDE.

I inclose ten cents, for a sample copy of BRAIN AND BRAWN. I have been a reader of the Los Angeles Times magazine for ten years. I greatly regret that you left the Care of the Body department. It has been different, since.

I have followed your advice for ten years. Your word is law, in this house. We quote you on all occasions, when the question of health comes up. I know I should not be alive today, if I had not lived up to your standard.

I am sure I shall like BRAIN AND BRAWN, and become a regular subscriber, if it has the "ginger" you put into the Care of the Body, with your wit and sarcastic roasts of medical malpractice. May you live long and prosper, is the wish of an old friend.—Miss S. Simpson, 332 Jeremy St., Salt Lake City.

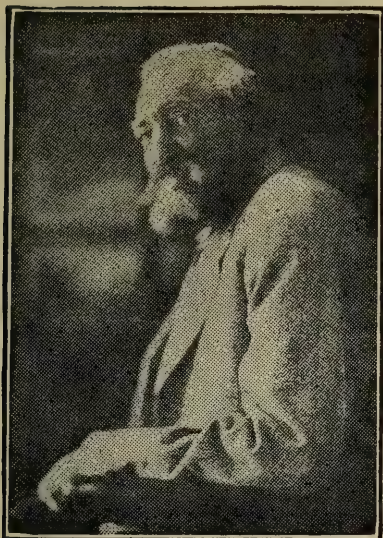
THERE ARE MANY BETTER WRITERS.

I have been reading your little magazine for some time. Your writing appeals to me more than that of any writer I know.—Alvin Miller, Elmhurst, Ill.

HELEN KELLER.

I note that in your December number you say Helen Keller was born deaf, dumb and blind. She became deaf and blind at the age of two or three years, following a sickness.—Ray G. Hulburt, Kirksville, Mo.

Cure of Chronic Disease



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc., and give, when requested, special advice on pregnancy, children and fasting.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook N.D.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

DRUGLESS HEALING.

An attack upon the State medical law, backed, it is declared, by more than 700 drugless practitioners throughout California, was opened in a complaint filed in the United States District Court last month.

It is alleged that, in the passage of the law referred to, the Legislature, under the guise of police regulation, created a monopoly in relieving a certain class of drugless practitioners from the equal operation of the law. It is further asserted that the portion of the law referring to drugless practitioners is obnoxious to and discriminates against every other school of drugless healing and that it is therefore unconstitutional and void.

Following dispatch from San Francisco, dated March 24, shows the result of this suit:

"The State Supreme Court affirmed today the constitutionality of the California Medical License Act, attacked in four cases by drugless healers of Los Angeles and San Diego on the ground that it is discriminatory in not requiring divine healers to obtain a license. The court declared that those who employ prayer alone to heal require no scientific knowledge and that the Legislature had the power to discriminate in their favor.

"The four drugless practitioners were convicted by the Superior Court for practicing without a license from the State Medical Board."

While the Medical Trust is prosecuting and persecuting drugless healers, an increasing number of allopaths are adopting and endorsing such drugless methods as hydrotherapy, sun baths, diet, fasting, chiropractic, osteopathy, etc. They are, however, always careful to refer to those who make a specialty of these methods as "quacks," calmly ignoring the fact that a man, who has

devoted his life to a specialty of this kind, must necessarily be far better equipped, than one who takes it up late in life, as a side issue.

Here is a communication in the Medical World, from E. W. Feige, M.D., of the Department of Health and Medical Examiners, Huron, South Dakota:

"I have long felt like writing something to relieve myself after reading articles written by doctors who show that they have very little knowledge of the subject on which they try to write, and ordinarily it would seem that they do not think on any subject.

"I hold that instead of running down drugless methods, etc., steps should be taken to have them taught in every reputable medical college. Do not believe for one minute that all who take up chiropractic, for instance, are ignoramuses. I have been more disgusted than I can say for years past to read in The World what someone saw fit to write on chiropractic when I knew that he did not know a thing about it. I have studied every reputable system of healing known and a number that I fear many of the orthodox would consider anything but reputable, but that makes little difference. I have seen results obtained by these methods that have never been obtained by anything taught in any medical college and never can until they come to their senses and teach these methods. Where would the one-idea man be if his idea, as well as all others that have any value, were to be taught in every medical college? I'd go so far as to say that no man should be licensed by any state to practice medicine unless he was familiar with all methods of healing. Then he would be in a position to make use of or recommend that which was best indicated. Then there would not be armies of chronics pestering the medical man. The majority of them would be cured.

"As it is now, if one wishes to learn these various systems he must put in many years of extra time and pay huge fees. If they were taught in medical colleges it should not require more than

at most one year longer than is now required, and there would also be a considerable saving of money. It will surely come some time, but I have no desire to predict just when.

“Recently a lecturer on the Chautauqua platform in this city stated to thousands of people that there is no place on earth where fitting of glasses is correctly taught, and that he did not believe that there was anyone living who could correctly fit glasses. So far as I have been able to learn, he is nearly right. There is at least one place where the work is correctly taught, and I believe that there are possibly a half-dozen living who can fit glasses very well, but do not look for them among the ‘authorities,’ for not one of them can, or at any rate does, fit glasses correctly. Strange, yes; sad, but true.”

Commenting upon this letter, the editor of the Medical World says:

“Dr. J. Madison Taylor teaches chiropractic, osteopathy and spondylotherapy, in the Medical Department of Temple University, Philadelphia. This, we believe, is the only regular medical college where these branches are taught. The other colleges could well follow this university in adding these subjects to their curricula.”

Commenting on another letter, in the same number of the Medical World, from W. L. Bowers, a chiropractor of Zanesville, O., describing a cure of grippe, the editor of the World says:

“All points of view are of interest to us. We have never before had the opportunity of presenting anything like the above. It will doubtless be considered a curiosity to most of our readers. Its novelty justifies its presentation. While, of course, it is presented without our indorsement, at the same time we take this occasion to say again that mechanical attention to the spinal column is too much neglected in the treatment of disease by physicians. Of course, its importance is exaggerated by physical therapists, but at the same

MILK DIET

II.

OF the thousands of cases of chronic disease, that have taken the milk treatment in the manner I recommended, nearly all have been either cured or greatly helped, and less than half a dozen have failed to receive benefit.

Such remarkable results have, of course, resulted in extending the treatment throughout the country. Many physicians, and some sanitariums, have endeavored to use the method. I regret that many, if not all of these, have made changes in the original plan, which was apparently too simple.

Very many times doctors and other patients under my care have advised me to add something to the milk, or to the method of giving it, in order to make the process more mysterious, and more attractive to many people, and more lucrative to myself. They said that people who had suffered for years without relief, traveling to many health resorts, and to noted specialists, taking expensive and elaborate treatments, would not easily be induced to use a method apparently so simple as to be within the reach of almost every person, or household, without expert advice.

While admitting the force of the argument, I have always replied that there was only one way to do the milk cure, and that I would go on to the end advocating that way. For thirty years I have watched the results of this way, always willing to add anything of real benefit, that would not interfere with the results we were already getting, always investigating methods of treatment that seemed to have merit, or that made claims to be able to do more, or even as much as we could, but, with the exception of the preparation of the patient for the milk diet, and the method of finishing the treatment, it remains practically the same as when first introduced to this country. I am justified by results.—Dr. Porter, Porter Sanitarium, Burnett, Cal.

time we must confess that here is an important field that is entirely neglected by practically all of 'our crowd.' "

MEDICAL TRUST METHODS.

The A. M. A., or Medical Trust, is not content with prosecuting and persecuting drugless healers. It goes after allopaths, who do not bow the knee. Following is from an editorial in the Medical Brief, a "regular" medical publication:

"A few weeks ago a certain physician of Los Angeles, California, Dr. George Starr White, visited Chicago for the purpose of delivering a series of lectures and demonstrations upon a phase of diagnostic work in which he was particularly interested, and in which he had done exceedingly valuable pioneer work. There was, and is, no question whatever about Dr. White's professional standing or his personal character. Both are unquestioned. There was no suggestion that his trip to Chicago, or his engagement in that city, subserved any personal interest. It was not a money-getting expedition or a business-getting junket. On the contrary, it was undertaken purely for educational purposes. Dr. White came to Chicago for the express purpose of imparting valuable information to physicians in that central city.

"In the course of his lectures and expositions, he very naturally held a clinic, for the practical demonstration of his methods of diagnosis and treatment; whereupon the officious State Board of Health of Illinois placed him under arrest, haled him into court, and prosecuted him, for violation of the medical practice act, the charge being that he engaged in the practice of medicine within the State of Illinois without first obtaining a license to do so from the State. The technical offense being proven, Dr. White was convicted, fined, and admonished to discontinue his clinical demonstrations in the State of Illinois.

"What is the explanation of this out-

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 LOS ANGELES

rageous discrimination? Nothing could be plainer. Dr. White was rash enough to demonstrate a mode of diagnosis and therapy for which he had not secured the endorsement of the American Medical Association—a doctrine which had not been hall-marked at Dearborn Avenue. Nay, the thing was more positive than that. He dared to teach a form of treatment which the official clique of the A.M.A. had more than once declared to be unscientific and of no clinical value.”

DIETETICS.

“Simplified and Practical Dietetics” by Drs. McNamara and Froude, is one of the best short things on the subject that I have known of. An excellent thing for progressive doctors to give their patients. Dr. Stauffer, president of the Pittsburgh Hygienic Society, recently ordered 500 copies. It may be ordered through **BRAIN AND BRAWN**.

PASADENA HEALTH CLUB.

This club meets weekly, Thursdays, at 8 p.m., in Good Templar Hall, 34 E. Colorado St. It teaches that health is to be gained through diet and exercise. Visitors are welcome. Secretary, Miss Keturah Yeo.

MEN AND ANIMALS.

There was great commotion in San Francisco, over the torturing and killing of several valuable dogs, including one belonging to a newspaper man.

A thoroughbred dog suffers no more, on a vivisection table, than the yellow cur of a street Arab.

As I have heretofore said, experiments on animals are not only cruel, but useless. Dr. Lauder-Brunton has written: “Almost all our exact knowledge of the action of drugs on the various organs of the body, as well as the physiological functions of these organisms themselves, has been obtained by experiments upon animals.”

Yet, for instance, the leaves and berries of mountain laurel, common in

THE PENDULUM

IF you seal honey up in cans or bottles, it heats, and expands its moisture into gas, which makes the honey thinner and watery. Heat destroys the forces of attraction and repulsion of its cells, which causes the fats to separate from the minerals, and sets the oxygen free, to burn and callous the lining of the stomach and arteries. Meat, eggs and cooked foods do the same. Fats admitted into the stomach and blood stream, kill the life germs of digestion, and organize a new form of germs, that are able to live on fats. It is these fat consuming germs that call for more fats, and more cookery. The fats eventually get to the brain, and makes the mind too weak to resist the appetite.

You run for the gun, when you see a hawk or coyote carrying off a chicken, but when your body gets away with the mind and senses, you lend it assistance.

Honey is white, because it is fat. The limbs of a tree are the fat part. If the tree is not trimmed and pruned it gets too limby to bear fruit. Fats kill the reproductive habit and as the habit gets strong there is a disposition to kill friends and neighbors.

When the fats are all removed, honey turns red. Red absorbs and stores up sun heat. Red honey is stored-up sun-energy. By combining red honey with water, it releases the sun-energy. Sun-energy in the blood causes the absorption of sun-energy from the air, that is breathed and absorbed through the skin.

Sun-energy warms, when the body is cold, or cools, when the body is too warm. It operates as a pendulum, to adjust the body temperature. All that's necessary to change disease into health is to let the pendulum swing. When you eat, you should think, or else your power of thinking will be taken from you, and given to others. Life is all thought. Thoughts can resurrect a dead body.

THE RED RIPE HONEY MAN
Owensmouth, California.

California, are poisonous to man, but birds feed on its berries, and their flesh kills men who eat it. Dogs have died, after being merely exposed to the emanations of poison oak, while I have chewed the leaves, with impunity.

So I might go on through the whole list of drugs, vegetable and mineral.

To obtain any useful results, surgeons must vivisect human beings, in normal health. That is what they aim to do, and, to some extent, are already doing.

FALLEN STOMACH.

The latest fad of the doctors is "fallen stomach." And fallen everything else inside of you. Our American doctors go abroad to study, and back they come with this new fad. Everything that is the matter with you now, they attribute to this fallen condition of your insides. They take a week to examine you in, including a lot of X-ray plates that show that your insides are really located rather lower than they ought to be. They charge you anywhere from twenty-five dollars to a hundred for a complete examination—according to your pocketbook.

And then they prescribe low-proteid diet, certain kinds of exercises and certain periods of rest with a hot water bottle on your tummy. No medicines or nearly none: perhaps a little "Russian oil" or agar-agar if you are constipated.—Nautilus.

"MEDICAL SCIENCE."

Dr. J. Edson Kelsey of Berkeley did not believe a bacteriological analysis proved conclusively that any particular germ is actually what it appears to be. The result is that he is quarantined at his home as a diphtheria carrier. His experiment cost him his liberty.

Dr. Kelsey has a patient who had been pronounced a diphtheria carrier by the Berkeley health officer. The physician did not believe that his patient was a carrier and requested another analysis. Then instead of submitting a swab for examination from his patient he

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A SMALL AD

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turned in one taken from his own throat. The bacteriological examination disclosed positive cultures, and Dr. Kelsey laughed and told them of the trick he had played.

The health department made further examinations and then ordered the physician into quarantine. Although the order of the health officer is the law in the case, and Dr. Kelsey has remained within his home, he wasn't satisfied, and sent swabs to three other laboratories, receiving negative reports in each case. Despite the fact that he received the three negative reports from other laboratories, Dr. Kelsey is still forced to remain in quarantine. Dr. Kelsey does not believe very strongly in the bacteriological method. He said yesterday:

"It is not an exact science, and in my opinion the only correct way to determine whether diphtheria exists is to make the test with a guinea pig. If the pig lives after being innoculated, then it is not diphtheria, no matter how positive the culture. At the time I was quarantined I suggested to the health officer that he submit to a bacteriological examination, as I believed he might be a carrier, but he refused, and I, not being health officer, could not force him to. In the meantime I am in the best of health and enjoying my forced vacation, while my patients are being cared for by others, who, if the truth were only known, may be diphtheria carriers."—San Francisco Examiner.

DENTAL ANESTHETICS.

An anesthetic is a substance that produces insensibility to touch, or to pain.

There should be no dread of dental operations, now that we use analgesia—inhalation, through the nose, a warm mixture of nitrous oxide and oxygen, producing insensibility to pain, the patient being conscious. A small stream of water, of the right temperature, if directed into a cavity, will often permit painless excavation, but location of cavity is not always convenient.

MIND AND BODY

I do not believe that "all is mind." Neither do I believe that a diseased condition can be permanently cured, unless mind and body are brought into perfect harmony. I have studied and practiced psycho-physiological methods for many years. My services are at your disposal. I refer, by permission, to the editor of Brain and Brawn.

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Teeth, or roots, should be extracted when the examination is made, thus relieving anxiety and pain.

Impacted teeth, usually with soreness, swelling and inability properly to open the mouth, require a general anesthetic, causing relaxing of muscles, and ample time for operation. The anesthetic I have mentioned is the best.

The hypodermic injection of novocaine is the usual method, and with a full knowledge of its action, sterile instruments and antiseptic precautions, there is little danger, except in pus-laden tissues, when the pressure may force the pus into the blood, and end fatally.

When retentive membranes of pyorrhea teeth are two-thirds absorbed, I prefer ethyl chloride, explaining to the patient that no local anesthetic will prevent hearing and sensing the breaking away of the tooth from its alveolar attachment, and that, while there may be some pain, the after soreness is much less and healing better.

When there is abscess, pus, swollen jaw, a tooth can be extracted upon the same principle that a sliver is removed from a swollen finger.

C. E. MARKEY, D.S.

Pasadena.

DOCTORS' BILLS.

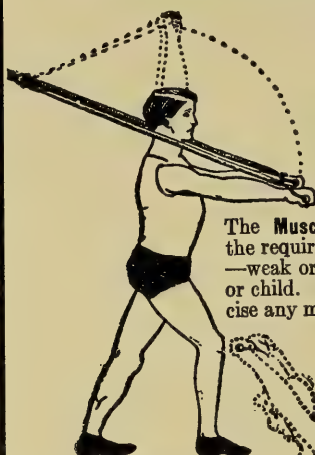
The manager of a doctors' collection agency, in Los Angeles, was convicted of fraud. People usually put off doctors' bills to the last. They are in a hurry to call a doctor, when they have a belly-ache, but are slow about paying. This is not right. A conscientious doctor earns his fee.

NATUROPATHIC MEETING.

The regular monthly meeting of the Association of Naturopathic Physicians of California will be held, on Tuesday evening, April 11, at 1319 South Grand Avenue. Dr. Schultz urges all members, active and otherwise, to be present, as business of great importance will come before the meeting.

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ST. JAMES'S OIL.

Orison Swett Marden says, in the Nautilus: "The skin tends to become hard and dry, in old people, and it is well to feed it with some kind of oil, after a hot bath."

St. James's Oil may now be had at the following places, in Los Angeles: Wholesale and mail orders: Otto Carqué, 1605 Magnolia Ave.; Retail: Van Houten, 323 S. Hill; Chambers' Drug Co., Fifth and Main and Second and Main; B. and B. Drug Co., Pico and Figueroa, Pico and Grand Ave., First and Broadway; Boswell & Noyes Drug Co., Broadway and Third; Nesom's Drug Store, Sixth and Hill.

COMMON SENSE DIET.

Prof. Jones has a few copies left of this excellent book. See advertisement.

VALUABLE INFORMATION.

Mrs. Viola Kimmel offers valuable information on Diet and Sex. See her announcements.

HONEY.

C. W. Dayton, the Red Ripe Honey Man, writes, in the Herald of Health, "A host of customers have been obtained through BRAIN AND BRAWN."

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BLUMER COLLEGE.

In an Annual Souvenir, D. F. B. Smith, of Bridgeport, Conn., strongly indorses the Blumer College of Naturopathy, from which he graduated.

MILK DIET.

Charles Sanford Porter, M.D., of the Porter Sanitarium, Burnett, Cal., has issued a new edition of "Milk Diet." I shall review it, next month.

SWIMMING.

Swimming is healthful exercise and the Bimini Baths, Los Angeles, is a good place in which to take it.

A BUSY INSTITUTION.

Dr. Carl Schultz is busy from morning to night. He says that many of his old patients of Hope Street are coming back to him.

UPSETTING THEOLOGY.

A minister answered the sceptical question: "Where did Cain get his wife." with "The gentlemen of this section are too much interested in other men's wives." An evangelist answered the question: "How old is the devil?" by, "The gentleman must look up his own family records." These answers effectively disposed of the questioners but did not answer the questions. The old colored orator was still more emphatic. He said: "God made Adam ob de mud and set him up ginst de fence for to dry." A question from near the door: "Who made de fence?" His answer: "Put dat nigger out. Sich questions would upset any system of theology."—University Forum.

DOING THE DOCTOR'S WORK.

A German professor writes:

"A gentleman in the United States of America took a walk one day, and saw from a distance a party of children in a very excited frame of mind. Approaching them, he saw that they had a little wagon with a box on it. He asked them what they were doing, to which they replied: 'We are playing funeral.' He inquired who had died. They said it was a little baby. He asked them whether they had called a doctor, to the child, to which they replied: 'No, we killed it ourselves.'"

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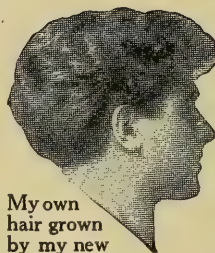
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Known bond holders, mortgagees, and other security holders holding one per cent. or more of total amount of bonds, mortgages and other securities: None.

CLARA BROOK, Business Manager.

Signed and sworn to before me, March 24, 1916. J. C. Oliver, Notary Public. Commission expires March 8, 1917.

At the annual meeting of the Naturopathic Publishing Co., held Tuesday evening, March 21, in the office of **BRAIN AND BRAWN**, the directors and officers were unanimously re-elected to serve another year.

ANOTHER OLD SAW.

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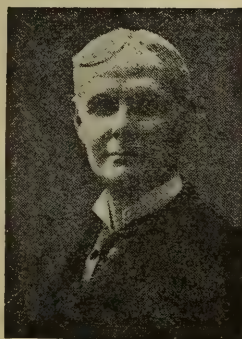


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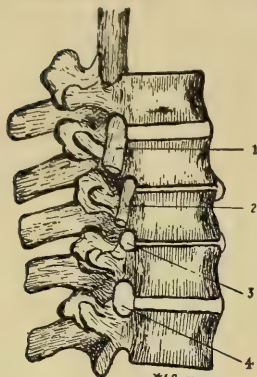
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Vol. IV

LOS ANGELES, MAY, 1916

No. 12

When a Man's Sixty

REFERRING to an article on "Centenarians," in the April number, a friend, a man of 59, writes:

It is fine to be able to couple increasing age with good health, but—why try to live to be a hundred? That is, unless good health and maintained vigor enables you to do one or both of two things:

1. Be so situated that you can enjoy your advancing and declining years without financial worries, or

2. Be able to support yourself and family by work—and get the work.

The moment I cannot support myself and family, either with accumulated world's goods, or by work, I am ready to quit—to die, legitimately, not by suicide.

There ought to be a niche for the man between sixty and seventy, but it is not always easy to find. Mentally, I can do as good, or better work, than I ever could; but physically I can't do what I could ten years ago.

Theoretically, the man of sixty should have sufficient property to protect him against the fierce competition of younger generations. As a matter of fact, it is said that ninety-five per cent. of those who reach the age of sixty-five, are dependent, either upon their own exertion, or upon others, for their daily living.

I don't know but what it is compensating that, while we are saving more children from death, before they attain the age of five years, the mortality above middle age is increasing rapidly—except that the reaper gathers in those who are equipped to live long, as well as those who simply remove a burden, when they die.

It seems to me to be a bigger question than old age pensions can settle.

I do not believe that the state of a man's liver governs his conception of the ethics of living, at all times. Mrs. Eddy's theory is a triumph of mind over matter; yours is a triumph of matter over mind. But there are other things, other conditions, other happenings, to be considered, even though mind, or matter, or both, are involved.

Physical well-being and mental well-being are strong and efficient aids, in resisting adverse conditions, but they cannot, nor should they, relieve their possessor of the sense of responsibility.

The theory is, that when a man reaches sixty or seventy, as the case may be, he should be financially independent—for himself and his family. That is what he is here for. But how few, proportionately, achieve even a modest independence!

The fact that a man's family love him, even though he is poor, does not alter the fact that he has failed to measure up to his responsibility.

Of course, circumstances may differ. The man who has had opportunity, but has wasted his substance and his opportunity in riotous living, is not in the same class with the man who has lived right, and worked hard. Both of these find themselves in the same relative position, at sixty, but the one is to be blamed more than the other. Doubtless, too, a man is not to be blamed if he is not by nature constituted to be a money-maker. We are not all on an even basis, in this respect. And if a man does his best (who shall say whether he has done this, or not) that lets him out, ethically, perhaps. But this does not eliminate the bitter reality.

So far as I know, my liver is in good condition.

To begin with, sixty years of age is not old. The man of sixty should be physically and mentally active and alert, and will be, if he

has lived right. In Great Britain they are forming an "Over-age" army, of 250,000 men between the ages of forty-five and seventy, who equip themselves out of their own pockets, and for months past have been drilling, marching, and digging trenches. In Los Angeles, I know a man of ninety-four, who would never be taken for more than sixty-five. He is active and alert, mentally and physically, and goes to his office every day, to transact business.

I recently quoted the following passage from the New York Medical Journal:

In order to enjoy life after 40, it is said that one must have attained some degree of success. Nothing makes the contemplation of old age so discouraging as to reflect upon past years of mere existence and no accomplishment. The organic changes which go on in the nervous system diminish the pliability and the permeability of that system and preclude, in most people, the undertaking of new work and the accomplishment of new successes. There comes a time when it becomes exceedingly difficult to glide into any new or unaccustomed form of activity. It may be possible to continue in the things in which one has attained a certain degree of expertness, in a routine and automatic manner, but when an attempt is made to overstep these limits, it is found that one is held up by a certain "mental fixity" and a "sense of permanent fatigue."

As I said then, this applies to those who do not know how to build their bodies, and clog their blood with waste matter, while exercising little, or not at all. Those who do know how, may continue supple and active, mentally and physically, until they reach the century mark—and then some.

Age is not a matter of years. Gladstone took up a new language after seventy. Bismarck, Verdi, Goethe, Michael Angelo, all did wonderful work after seventy. Many of the world's greatest men have retained their mental freshness and creative power, even to their ninetieth year.

R. L. Alsaker, M.D., writes:

Many dread old age because they think of it in connection with decrepitude, helplessness and the childish querulousness, popularly associated with advancing years. This is not a natural old age; it is disease. Natural old age is sweet, tolerant and cheerful. There are few things in life more precious than the memory of parents and grandparents grown old gracefully, after having weathered the storms of appetites and passions, the mind firmly enthroned, and filled with the calm toleration and wisdom that come with the passing years of a well spent life.

Old age starts only when the mind and heart have stopped growing. You should have a hobby, no matter what it is. Reading is a good one. The man, who fails to cultivate a taste for reading, prepares for himself a miserable old age.

Prof. Osler, like myself, was born in 1849. He is still active and vigorous. His much-quoted statement about chloroforming elderly men was a joke. Osler is fond of joking.

My correspondent belittles the physical. Yet, you cannot safely ignore it. I recognize the great influence of the mind on the body, but all is not mind. The brain is part of the body. The solar plexus, or abdominal brain, has more influence on your condition than the cranial brain. If you doubt this, note how sudden sorrow, joy, fear or anger will interfere with your digestion.

You may suffer from Bright's disease, consumption, or cancer, and be hopeful and cheerful to the end, but if the lining of your stomach

is inflamed by wrong eating, friends will avoid you, and with cause. You feel that life is not worth living.

Cornaro was a striking example of what a man may do to prolong life, by abstemiousness. A wreck, in middle age, he lived to be over a century, with a keen enjoyment of life, and all it gives. Cornaro said that we live on one-third of the food we eat, and the other two-thirds we eat at the peril of our lives. He was right.

To attain to a healthy old age, the chief thing is to see that the intake of body-building material is not more than the expenditure, the exact opposite of financial law. A swelled bank account won't hurt you much, a swelled liver will. Insurance actuaries, reporting on 300,000 cases, said that not one in that number, who was decidedly overweight, died of old age. The lean shall inherit the earth. Don't think I'm egotistical. I lean to the other extreme.

It is not the occasional indulgence in a banquet, or a late supper of Limburger cheese and a bottle of beer, that hurts, but the steady, persistent, day after day feeding the body with more fuel than can be burned up, leaving clinkers, to clog up the veinlets, and cause those ailments of later life, many of which are falsely attributed to John Barleycorn, or Divine Providence.

So far, I have dealt only with the physical. Apart from that, it is, I admit, hard for a man of sixty, or more, who has done efficient work, but lacks the commercial instinct, and finds himself shelved in favor of younger men, although, according to the principle "Old men for counsel, young men for war," his services should be of more value than that of striplings. Often, however, he is handicapped by physical infirmities, which are always due to his own faults, unless he has met with an accident. Carnegie has established a pension fund for college professors. Society might do something for artists, literary men, and others, who have given of their abilities to the world, without being in a position to secure a provision for their old age. Or rather, such work should be undertaken by the State, in the shape of compulsory old age insurance, as it is already, in some European countries.

One reason why old people suffer is the extravagance of this period. A representative of the American Federation of Labor recently told a Congressional committee that the minimum wage, on which an American working man can support a wife and three children, is \$765 a year. This is about \$15 a week, an income that would appear princely to working men in Europe, who, after all, probably enjoy life as much, or more, than do our American working men. I am not referring to skilled mechanics, but to ordinary laborers. The same extravagance extends to all classes of life in this country. A man handicaps himself, seriously, with habits that cause him to need so many things for his material comfort. If you take an inventory, you will be surprised to find how few things, of those for which you spend your substance, are really necessary, or even desirable. As Robert Blatchford, an English writer, has said, to enjoy life we should aim at "opulence of mind, and frugality of body."

Old age has compensations that the young may never know. That is, if a man accepts the decrees of nature, and learns to grow old gracefully. After the fires of passion have burned low, there comes—or should come—a serene calm, and ripened judgment, that enables one to view, with equanimity, the passing show, provided always, he is

not one of those many unfortunates who, alas, are forced to battle to the end, for existence, as men did in the stone age. In such case, he will find a sound physique, based on right living, of even more importance than when he is not compelled to work.

Alma Whitaker writes, in the *Los Angeles Times*:

No wonder we all resent growing old, no wonder we all fight it to the last ditch, lie about it, cheat ourselves about it. We, who hold age so cheap, we, who treat age with such incredible injustice, such calculated cruelty, we, who make a god of youth in the sacred fastnesses of work, and sharpen our wit at the expense of years.

We are prepared to "take a deep interest in welfare work," we are prepared to pay taxes for a free employment bureau, we are vigilant and critical when the employment bureau apparently fails to solve the unemployment problem, tears come into our hypocritical eyes as we hear of individual cases of aged hardships, we debate and confer and talk and talk and talk on these ever-present social problems, but when we have a job to fill—"progressive young man wanted, must be under 30."

There are many kinds of trouble in the world; but for sheer, depressing hopelessness, for blistering inhuman insult, for the soul-seering sensation of having the whole world against one and by God forgot, seeking a job after 50 years of age is the damndest!

A sorry record for civilization to show, after centuries of what we call progress and "uplift."

Who Shall Decide?

THE Los Angeles County Board of Supervisors recently recommended that habitual criminals, whether male or female, should be sterilized. Last month it was proposed to operate on a young man at the County Hospital, with his consent, but a storm of protest was raised, and the operation was postponed.

With sterilization of undesirable adults, and killing of incompetent infants, we are progressing rapidly, backward, toward the age of the cave man. I do not say that such action may not, in some cases, be permissible, or even desirable, but who is to decide? This grave responsibility should certainly not be left to a profession, one of whose leading men recently admitted that his diagnoses were correct in only fifty cases out of a hundred. Referring to this subject, Dr. J. H. Kellogg writes:

If we admit the right of parents or physicians, or of any body of persons, to take human life, when no crime has been committed or attempted, where will we stop? Who will define exactly the kind or degree of undesirability which makes the direct or indirect termination of a human life an act of virtue and propriety, and who shall determine, in each particular case, whether the individual in question is sufficiently unfit or undesirable to justify the application of the rule?

Again, three-fourths of the inmates of our hospitals, insane asylums and reformatories could be restored to physical and mental health, by a course of natural treatment, including thorough cleansing of the colon, hydrotherapy, sun and air baths, and the adoption of a diet that does not cause decomposition, thus irritating the nerves, poisoning the blood, and leading to mental and physical disease. In a few institutions such treatment has been tried, in a tentative way, with excellent results. Until a man has thus been given a fair chance to see what nature can do for him, we have no right to regard him as hopeless. Nine-tenths of those cured by rational treatment, have been given up as incurable by the "regular" medical fraternity.

Crime is a disease, due to abnormal conditions of the body.

Authors and Actors

AUTHORS, even if they are popular, seldom leave a large estate. Says the Christian Science Monitor:

Few men in literary walks were more industrious, as few were more versatile, than F. Hopkinson Smith. He had many irons in the fire, and the fire was kept going pretty nearly all the year around. Yet his whole estate, including his paintings, 184 of which were from his own hand, and copyrights on his books, are given, in the inventory, a valuation of only \$43,000. His royalties have averaged only \$175 annually, and yet, his works are to be found on every library shelf.

On the other hand, we read of moving picture actors and actresses, whose salaries are as large as that of the President of the United States, while one young man, who portrays an English loafer, is said to have signed a year's contract for half a million dollars. Probably a press agent's exaggeration.

The reason that actors receive so much more pay than authors is this: Reading requires thought, as well as sight, and for a thousand who can see, not more than one can think. Besides, almost everyone can write, after a fashion, nowadays, and few know how to discriminate between good and bad writing.

Conscripting Capital

MEN have been conscripted, by the million, for this cruel war. The idea that capital should be conscripted, also, will come as a shock to many, who entertain the idea that property is more sacred than human life. In England, the subject is being widely discussed, and not alone by Socialists. It is even said that Lloyd George, who is a sort of English Roosevelt, plans to stand forth, at the proper time, as the champion of the Conscription of Capital party.

Writing from London, to the Los Angeles Times, John L. Balderston gives the following, as the argument of the English labor leaders:

Why should all men of military age be required to risk their lives for the State when men not of military age who have money, which is quite as necessary for war as soldiers, are permitted to lend their money to the State at high interest, the payment of which will cripple industry for generations? We do not advance the Socialist view about capital—we admit that a man has a right to the money he makes, but we also claim that he has a right to his life, and when a situation arises which requires the sacrifice of one man's life, his neighbor must be prepared to give, not lend, his money. If we are to have conscription, let it be general conscription, each man to give up what he has that the State needs.

As Mr. Balderston says, this argument is hard to combat. To which I would add, if capital was forced to bear its due share of the burden, instead of profiting, by the sale of war munitions, there would be less demand for war.

Analyze the people who today are roasting President Wilson, and you will find a lot of them were roasting Taft, and a few years ago they were roasting McKinley. This is a terribly trying time for the United States. President Wilson is the President for all of us, and I am a citizen of the United States.—Ex-President Taft

Wright is Wrong

WILLARD HUNTINGTON WRIGHT was formerly literary editor of the Los Angeles Times. Then, he edited a frothy magazine, called "The Smart Set," in New York. In this he published an article entitled "Chemically Pure Los Angeles." It was somewhat over-drawn, but contained much truth. Of course, it gave great offense to those among us, who do not care to see themselves as others see them.

Wright is a young man of much ability, and great versatility. He recently wrote a book on painting, which has been acclaimed all over the world as a masterpiece. He has now published his first novel, entitled "A Man of Promise." He has always posed as a despiser of women, but in this he surpasses his previous records. Here are extracts:

Women are merely a recreation, a plaything to be taken up when the mood dictates, and put aside with the same impersonal abandonment that one would put aside a toy.

Women can't aspire beyond the heights to which the normal world has already attained. They are materialists, and their ideals are only the reflections of the material life of humanity.

One by one, beginning with his mother, the women who had crossed his life had taken something vital out of it, and had replaced that vitality with a commodity which did not gratify him.

Women want comfort, peace, plenty, stability, recognition—the solidity of a recognizable and familiar foundation. Some women see higher than others—then aspire to higher things, perhaps, but there's a limit to all feminine aspiration. . . . I see the whole sexual relationship symbolized in the wheel. The women are the hub, the men are the spokes radiating from the center and yet held fast to that center. The rim of the wheel represents the limits of the tangible and comprehensive world.

Such sweeping assertions betray youthful immaturity of judgment. It is true that many women hold men back from their ideals. It is also true that many women save men from going to the devil.

We should remember that, for ages, women have been kept in bondage, used by men for sex gratification, the raising of children, and housekeeping, until most of them have come to believe that this is their natural sphere. From the time of Adam, man, the stronger animal, has placed the blame for his misdemeanors and mishaps on those who are called the "weaker sex."

We should wait until woman has enjoyed social and political liberty for a generation, before we pass judgment on her ability to be a true "helpmeet" to man. So far, it seems to me that the new woman has done remarkably well. Especially in the war zone.

Wright has another guess coming. He has not yet met the right woman. When he does we shall have the laugh on him.

Abnormal concentration, as a rule, leads to vacuity, and brings evil results, but sometimes it digs out a jewel of superlative value, or discovers a principle that reforms a race. It defies earth, ancestors, conventionality and prudence. The abnormally concentrated mind, acting intellectually or emotionally, may shake the world. It may also lead to madness and individual ruin.—Warren E. Lloyd.

Wasteful expenditure by the rich is often foolishly applauded, because it gives work to labor, and keeps money in circulation. A gambling house might just as well be applauded on the same grounds.—Saturday Evening Post.

Died of Civilization

ISHI, last remnant of an entirely primitive tribe of Indians, of Northern California, died of tuberculosis. His age was supposed to have been sixty. Ishi was captured six years ago, and kept as an "exhibit," by the University of California. Like many other California Indians, he would probably have rounded out the century mark, had he not been forced to wear clothes, and live in a house.

Civilization, which often includes, besides clothing and houses, alcohol and syphilis, has destroyed some of the finest native races of the world. What we call civilization is, in some respects, a blessing. In many other respects, it is a curse.

You need not live on acorns, and wear a breechclout. Why not try to combine what is good, in civilization, with that which is desirable in a natural life?

Metropolitan Airs

IAM now convinced that Los Angeles is a metropolis. There came down my street an Italian organ grinder, with a monkey, wearing the traditional red cap, and bringing memories of Islington and St. John's Wood. How dreary London must seem, to these exiles from sunny Italy. Although ground down by "padrones," they sometimes contrive, by severe economy, to save enough to return home, and buy a tiny piece of land.

In London, they pay these itinerant musicians to move on. Here, as a novelty, my organ grinder struck a bonanza, creating much interest and excitement among the children, and some of the "grown-ups." I read, a few days later, that he was arrested for "begging without a license," and imprisoned, until he raised ten dollars, a small fortune in Naples. To my mind, this is no more begging than is a church sermon, where a collection is taken.

A Wasteful People

FOLLOWING the plenteous rains of the past season, along the sidewalks and in the vacant lots of Los Angeles, there has been going to waste enough good fodder—wild oats, alfalfa, burr clover, and other nutritious green stuff—to furnish milk and butter for all the people of Los Angeles for several weeks. More was cut this year than last, but it was very little. And this, while alfalfa hay wholesales at \$25 a ton, and butter retails at 35 cents a pound. There is much ado about cultivating vacant lots, a good idea, but meantime, why not utilize the food that is going to waste on those lots?

After this picture, for the opposite extreme, see Millet's "Gleaners." Surely, we are a wasteful people. It is no wonder that illiterate Europeans come to this country and forge ahead, while educated Americans seek jobs.

It is only in romantic fiction that a man can work strenuously to the limit of his power, and come home to be sweet, sunny and entertaining.—H. G. Wells.

Baseball

JUDGING from the headlines in the evening papers, two months ago the chief news of the world was Verdun. Then Villa. Now Vernon. I should explain that Vernon is a Los Angeles suburb where professional baseball games are played.

A writer in Harper's Magazine, says:

"Baseball is the dullest of all sports. I have never been able to understand why clergymen want to prevent its being played on Sundays. There is so little about the game to distract attention, that the grandstand is an ideal place for meditation and prayer."

The latter part of this statement must have been written "sarcastic-like." The benches are more like a boiler factory, than a cathedral.

Baseball is not only—next to politics—the most popular American game, but it is also a leading American industry, having been commercialized. The news items, about the sale of players, must cause some ignorant foreigners to believe that slavery still prevails in this country.

Britishers of all classes play cricket. Americans look at baseball games. Such exercise, confined to shouting, is good for the lungs, but rather one-sided. It would be well if our people would not leave baseball so much to the professionals.

James Hill

I READ in a newspaper that James Hill, while standing in a St. Paul street, talking with other millionaires, went to the assistance of an old cart horse, who stood shivering, with his blanket fallen off. You often get "under the skin" of a man, by a little incident like this. From his pictures, and descriptions, I had always regarded Hill as somewhat of a hard, self contained, austere man. Yet, I know that he made a warm friend of Albert of Belgium, a good man, when Albert visited America.

I shall always remember this little incident, and when Hill is criticised, shall give him the benefit of the doubt.

Birds and Bridegrooms

I HAVE been watching a pair of linnets, on a branch of an apricot tree, in my back yard. They remind me of married folks. They do not sit so close together as they did a few weeks ago, during the honeymoon, and they look somewhat bored. Yet, they do not quarrel, or separate. The male bird remains true to his mate, and loyal to his duty, as an assistant-housekeeper and provider.

If bridegrooms would exercise a little more self-restraint, during the honeymoon, there would be less quarrels and divorces, in the early years of matrimony.

Women are more poorly equipped for the profession of motherhood than for any other business of life.—Ida Tarbell.

Rational Benevolence

IT was mentioned, recently, in a press dispatch, that Mrs. Joseph K. Clark, of Los Angeles, sister-in-law of former U. S. Senator W. A. Clark, had made a present of \$20,000, to her sister, Mrs. J. E. Morehouse of Berkeley. When interviewed, Mrs. Clark said:

I celebrated my birthday today and had as guests only young men and women whom I have helped through school or business. I did send my sister \$20,000 but it should never have been made public. I cannot take a cent with me when I die and it is a pleasure to me to make gifts. I never allow myself to become possessed of large sums of money. As soon as I get money I give it to people I know will make a good use of it. I do not make large donations to charities and I do not give money promiscuously. I give where I know, so far as it is humanly possible to know, that good will result. Mr. Morehouse has raised seven children and I want him to retire. The money I sent was to enable him to leave off hard work and worry.

If more people had such kindly and sensible ideas, this would be a happier world to live in.

Noblesse Oblige

I DON'T believe the most rigid form of conscription would find one single member of the English aristocracy to take at this minute.

I don't believe there is a single male member of the British aristocracy able to drag himself about, over eighteen and under sixty (and indeed many over) who is not in Government employ or working for the Government in some capacity.

I don't know of any woman of the aristocracy who is not working to her uttermost capacity in some way for the country. I don't know of an aristocratic home in any way suitable that has not been offered to the Government for nursing home, convalescent home, hospital or other useful object.

They talk about the privileges of the aristocracy, the right of peers—six hundred and forty-one of them, I believe—to sit in the House of Lords as hereditary legislators, for such peers to be arrested only for indictable offences, to be tried, if accused of felony or treason, by their peers in the House of Lords, and, if condemned to death, to be hanged by a silken rope.

But there is one privilege which they have always had and which now, as in the past, they have availed themselves of greedily, and that is the right to lead the way in offering themselves and all they have and are for the defense of the country.

A list lies before me in a newspaper, as I write, of forty-five heirs to the British peerage who have either been killed or died of wounds or illness contracted while in active service, since the war began—and this list is not a complete one.—Duke of Manchester.

The strength and glory of a town does not depend on its wealth, its walls, its great mansions, its powerful armaments; but on the number of its learned, serious, kind, and well-educated citizens.—Martin Luther.

Victory for any of the warring nations will mean nothing to the working class of the victorious country.—Alexandria Kollantay.

Learning to Forget

A SOMEWHAT extensive advertisement recently appearing in the papers and periodicals, accompanied by the portrait of a truly handsome man, announces a new system of memory. This gentleman informs us, with becoming dignity, that even in a period of thirty minutes he can help us to remember—well, if not everything, almost everything.

But why should we want to remember? Do we not remember too much already? Would it not be better to teach us how to forget? That which is gained so easily is easily disposed.

It is not the cerebral and physical accumulation of facts that counts so much, as the accumulation of well-ordered and instructive sensations. To forget facts, most of which are likely to be disproved at any time, and to become possessed of a proper collection of feelings, should be our main object.

That is where our school system is most at fault, in laying too much emphasis on knowledge and not enough on sensations. How we feel is infinitely more important than what we know.—Life.

Character Developed Through Exercise

THE effect of exercise on the character is felt most of all on the will. This is very natural, for in all muscular exercise a certain amount of resistance has to be overcome, and the power which acts through the muscles to overcome the resistance is will power. Development of muscular strength is, therefore, to a certain extent development of will. It becomes development of the highest kind of will, that of self-mastery—when, to take exercise, a man resolutely overcomes the distaste of it.—Prof. E. L. Richards.

Mexico

IAZ the elder saw what Carranza sees; Madero saw it; Huerta had a glimpse of it: that until clericalism and landed aristocracy, with the long train of evils due to them, are extirpated through education and enlightenment, there can be no positive assurance of stable government in the land. But seeing it or feeling it, Carranza's predecessors were swerved from the line of duty to their people. Carranza, so far as it is possible to discern, realizes his great responsibility and is seeking to lead his country out of darkness. Consequently those that work in darkness have risen up against him, and falsehood, as it was said in the beginning, is their most convenient tool.—Christian Science Monitor.

The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew.—Abraham Lincoln.

A man who cannot laugh at himself has no right to laugh at others.—Dr. J. H. Tilden.

An Opinion on the War

ONE year and a half of war has demonstrated in one respect just what military experts foresaw. Germany has been irresistible on land; Great Britain irresistible at sea. Still the war goes on. What will be gained by another year or ten years of it? Nothing. As far as the human mind can foresee or predict, the situation will not be changed. Yes, one thing will be changed. Thousands more homes will be rendered desolate; more of man's resources will be wasted, and the bloodthirsty, brutal instincts which are fostered by war will be aroused in the breasts of millions more. Is it not time for Peace? Is the time not ripe for Great Britain and Germany to lay their cards on the table? A bloody bluff of victory and indemnity has been offered by the statesmen of each country to its own inhabitants long enough. The outside world knows that the German wall of defense on land, and the British blockade at sea can never be broken. Is it not time that this fact were admitted to the people who are daily sacrificing their lives in the hope of a victory that cannot be? What farseeing, great-hearted statesman of England or of Germany will establish his country's position as the most civilized, and give himself permanently a place in men's hearts and a niche in the records of fame by making the admission that will end the war?—Puck.

Rise and Fall of Nations

ALL civilized nations, of which we have record, except the Chinese, have decayed, after growing and flourishing a few centuries—usually about a thousand years or less. Many reasons are given for the decline and fall of nations. Rome, especially, furnishes food for much thought. Look into the history of each known nation that has risen to prominence, glory and power, and you will find that so long as they kept in close contact with the soil they flourished. With the advance of civilization, the peoples change their mode of life, from simplicity to luxuriousness and complexity. Thus, individuals decay, and in the end there is enough individual decay to result in national degeneration. When this process has advanced far enough, these people are unable to hold their own. In the severe competition of nations the strain is too great, and they perish. There is a point of refinement beyond which people can not go, and survive.—R. L. Alsaker, M.D.

Parents and Children

SO often parents set standards for children that they do not maintain or even try to accept for themselves. They speak with indignation of the failures of those untrained ones, though they themselves repeatedly make failures. I sometimes wonder if the high moral tone that parents take does not, in the end, tend to have a very damaging influence among a large number of children.—John D. Barry.

Everyday experience proves that it is quite possible to live on reasonable terms with extremely conceited people.—William Archer.

Why Soldiers Fight

IN the Forum recently a writer sought to reveal the thoughts and impulses of the rank-and-file soldier, under various conditions, particularly when charging, with fixed bayonet, upon the enemy. His one intent, we are told, is to save his life, at whatever cost to the other man. He kills ruthlessly, determinedly. Not in passion, not in a spirit of retaliation for comrades sacrificed, but because the fewer there are left to oppose him, the greater his chances for survival. Hence he kills, kills, kills, that he may live, live, live.

Here we have exemplified, in its most basic form, the instinct of self-preservation, that is as paramount in the human kind as in the lower animals. Not for his country, not for his flag, does the soldier lay the enemy low, but in order that he may stand erect.

Growing Old

A LITTLE more tired at the close of day,
 A little less anxious to have our own way;
 A little more zest for the days of old,
 A little less care for the bonds of gold,
 A little less anxious to scold and blame,
 A little more care for a brother's name;
 And so we are nearing the journey's end,
 Where time and eternity meet and blend.

A broader view and a saner mind,
 And a little more love for all mankind;
 And so we are faring down the way
 That leads to the gates of a better day.

A little more love for the friends of youth,
 A little more zeal for established truth;
 A little more charity in our views,
 A little less thirst for the daily news;
 And so we are folding our tents away
 And passing in silence at close of day.

A little more leisure to sit and dream,
 A little more real the things unseen;
 A few steps nearer to those ahead,
 With visions of friends long loved and dead;
 And so we are going where all must go,
 To the place that the living may never know.

A little more laughter, a few more tears,
 And we shall have told our increasing years.
 The book is closed, and the prayers are said,
 And we are part of the countless dead.
 Thrice happy, then, if some soul can say,
 "I live because he has passed my way."

—Dr. A. V. Barnes in *Christian Advocate*.

Briefs

In a moving picture suit, Judge Richard S. Tuthill, of the Circuit Court, Chicago, decided that Bacon wrote Shakespeare's plays. Next!

In *Out West*, C. T. Colden shows that harvesting kelp not only destroys fish breeding grounds, but causes erosion of the coast.

The first cherries of the season were shipped from Loomis, Cal., on April 6.

Los Angeles County is to have a prison farm of 1200 acres, in San Francisquito Canon, where gold was first discovered in California.

The average pay of American railroad men is \$1296 a year; of school teachers, less than \$500.

There are chances to rise in England, also. A Laborite has been made a member of the King's Privy Council.

Two prominent Angelenos died last month, following surgical operations.

Georgia cotton mill employees drink three or four pints of coca cola daily. Lynching is rife in Georgia.

Edison's advice for long life is: "Cut down your eating, and cut out your booze." Not bad.

Of 12,000 recruits, for the U. S. Army, only 2879 passed.

Mrs. Lydia Sharpless, of Whittier, Cal., expects to celebrate her 105th birthday, this summer.

Three were killed last month, and several injured, in an automobile road race, at Corona, Cal. Sympathy is wasted on men who risk their lives for money, unless they are in sore need.

The United States is said to be the only civilized nation, which has not in operation a system of rural credit.

A course of study, showing how and what to play, will be given at the University of California.

The Christian Science Monitor is making a strong fight against the high price of gasoline.

Judge P. W. Wood, of Los Angeles, says the remedy for divorce is stricter marriage laws. I have said that for many years.

The Pacific Mail is not going out of business after all. The Seaman's Law is still in force.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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The Swiss Military System

IN the January number, I described the Swiss military system, as observed during a five-year residence in that country. Under this system, all able-bodied men, over 20, serve twelve weeks the first year, and after that only two weeks a year, thus enjoying a vacation, with healthful exercise.

The Swiss system is practical, efficient, economical and democratic. A standing army is expensive, undemocratic, and more or less demoralizing to the men.

A number of prominent American publications have indorsed this system of national defense. Yet, in "upper circles," the proposition has met with a mysterious indifference, or covert opposition. Why? I can think of only two possible reasons:

1. There are some who prefer to hire men to fight for them, rather than to serve their country, even for two weeks in a year.
2. There are those who object to the training and arming of the mass of the people.

Such objections might be expected, in a monarchy. They are sadly out of place, in a republic.

Politics

THE attitude of "Old Guard" Republican leaders toward Roosevelt and Hughes appears to be, that while they merely dislike the latter, they hate the former. Yet, most of them admit that they will probably have to nominate one of them, in order to have a chance of beating Wilson, and this although Hughes declines to run, and Roosevelt says he will accept only under certain conditions. A somewhat strange situation for political leaders, who have been in the habit of picking presidents, as boys pick blackberries.

Of late, several representatives of "Big Business" have been heard to remark that Roosevelt, after all, "isn't so bad." This may be due to his recent pronouncement that corporations should not be judged by the size of their capitalization, but by their principles.

Should Roosevelt be nominated and elected, Gov. Johnson, of California, will undoubtedly be offered a place in the Cabinet.

The Futility of It

A WASHINGTON dispatch reads:

There is no objection on the side of the allies, it is declared, to making the end a draw, so far as material considerations are concerned.

This would mean the restoration of the status quo in Europe, with some adjustments as to boundaries, that would tend to make the nations more homogeneous, and a general redistribution of colonies along the same lines.

And for this, three million men have been slain, and many million more have been maimed for life.

What a ghastly farce is that we call "civilization." Except for a thin surface veneer, how much better is it than barbarism?

An Island Home

IF I had my way, I would not cut off the heads of all the European disturbers of the peace—the emperors, and kings, and war ministers, and diplomats—although some of them really deserve it. I would ship them to an island, in a decent sort of a climate, permitting each to take with him his family and a couple of servants, and allowing a reasonable amount for living expenses, as most of them don't know how to earn a living. Then, I would detail one cruiser or gunboat from each neutral nation, to see that they did not escape, and then let them stew in the juice of the recollections of the widows and orphans they had made, although I do not suppose this would greatly disturb their sleep.

Progressive Theology

SOME of the churches are letting down the bars. Otherwise, they would find it hard to fill their pulpits. The Presbytery of New York, by a vote of 64 to 3, has accepted, as Presbyterian members, three graduates, who refused to affirm the Biblical accounts of the virgin birth of Jesus, the raising of Lazarus from the dead, or the swallowing of Jonah by a whale.

This would have shocked our grandfathers.

If labor leaders and "captains of industry" would meet each other half way, the world would be a pleasanter place to live in.

Crippled soldiers are now heroes. Six months after the war, taxpayers will grumble at the cost of pensions.

We don't hear much about the infringement of Grecian neutrality.

War Profits

IT does not seem unreasonable to expect that manufacturers and ship owners, who make enormous war profits, should distribute a small part of their surplus earnings among those who produce these profits. Especially those who work in dark, sweaty, under sea chambers, where at any moment, they may be blown to eternity.

In Europe, a large part of war profits are confiscated by the governments. Americans have, so far, escaped this payment.

An Embargo on Knowledge

IT is reported that Germany has prohibited the export of seven medical journals. An Amsterdam press correspondent writes:

“Germans hope and believe that, once the outside world is deprived of scientific medical knowledge, disseminated by these journals, disease will rage unhindered over the rest of the world, and so do the work their war machine is failing to accomplish.”

Surely, the rest of the world should have accumulated enough “scientific medical knowledge,” to last until end of the war.

California Writers

COLLIER'S recently had a short story competition, in which several thousand manuscripts were submitted. One of the judges, Mark Sullivan, writes: “Another impression that I got was the number of authors who are either natives of California or writing from California. I think the person who would take the trouble to look into it could readily demonstrate that California is doing a good deal more than its share of the writing of the contemporary periodicals.”

There are many nowadays writing and preaching and teaching, there are plenty “doing” others; there should be more doing things, to make others happy.

This constant talk about an economic war, to follow, is getting tiresome. What ails the world, “anyway”?

Their appetites whetted by big war profits, munition manufacturers are laying plans for a home market.

One effect of the war will be to discredit diplomacy, another name for trickery.

Rich men cannot find much comfort in the New Testament.

Brooklets

Women are charged with being stingy. Perhaps they would be more liberal, if they were given more money to spend.

* * *

Men condemn indiscretions they can no longer share.

* * *

Matrimony, like wine, should be taken only in moderation.

* * *

A man with an appendix will soon be as rare as a man with a conscience.

* * *

“The churches were packed with worshippers.” How many were worshippers?

* * *

Most men talk about what interests them, without regard to whether it interests others.

* * *

If you want to achieve what the world calls success, you must restrain your sense of humor.

* * *

In this age of strenuous effort, we should encourage every wholesome thing that tends to relaxation.

* * *

Fear of poverty is bad, also extravagance. Seek a happy medium.

* * *

Big newspaper headlines are like the cry of Wolf! After a time, people pay no attention to them.

* * *

Judging from my childhood recollections, young children observe far more than their elders suppose.

* * *

Don't take yourself too condemnably seriously. There are others.

* * *

“Ships that pass in the night” do not worry me. Cocks that crow in the night do.

* * *

In Europe, millions are dying; here people can't dye; all on account of the war.

* * *

If you always demand the last word, you will not put on flesh.

“Breakfast Foods”

BREAKFAST food millionaires have taken the place of patent medicine millionaires. Money, formerly spent in advertising nostrums, now goes for exploiting, under fancy names, wheat, corn and oats, cooked, partly cooked, or overcooked.

Modern “breakfast foods” are in one way an improvement on the sticky, slimy, oatmeal porridge of my boyhood days. It was eaten with milk and molasses or sugar, a mixture admirably adapted to produce alcoholic fermentation in the stomach, and was served, as a sort of religious rite, at breakfast, often laying the foundation of life-long dyspepsia. No wonder Scotch peasants suffer from the itch. Coarse, steel cut oatmeal, steamed, and eaten with a piece of butter and a little milk or cream, is good, if well masticated. The chief drawback to mushes of all kinds is that they are not chewed, and starch must be thoroughly salivated, or it is indigestible, and harmful.

As I have said, cereal foods, so numerous nowadays, are an improvement, in one way, on old-fashioned mush, but they differ greatly. A few are appetizing and nourishing. Most of them are neither. Many are devitalized, being cooked to death, and are consequently semi-starvation foods. One, at least, is cooked at a heat of over 500 degrees. This, of course, changes all the valuable mineral contents from the organic to the inorganic, a form in which they cannot be utilized by the body. When children are fed chiefly on this, perhaps with sterilized milk—another starvation food—they look puffy and plump, but have no resistance, and fall an easy prey to the first epidemic of disease.

Some of these foods taste like sawdust. Many people eat a cereal food as they take castor oil, because they think it “does them good.” Absurd claims are made for the health properties of many of these foods, as if they were not merely more or less cooked wheat, rye, oats, corn, rice, or combinations.

The Agricultural Experiment Station of North Dakota—perhaps the liveliest institution of the kind in the country—not long ago published, in one of its regular food bulletins, a statement as to the examination made of a certain cereal food, calling attention to the fact that wheat, bought at a maximum price of \$1.80 per bushel, was being re-tailed, as a cereal food, in package form, at the rate of not less than \$27 per bushel. This caused a loud roar to arise from the breakfast food people. The December bulletin of the Department comes back, with an analysis of 55 cereal foods, giving the names of the manufacturers, the weight, and food value, in calories. The net weight of the 15-cent packages varies from 4½ ounces to over 30 ounces. Quite a difference.

In his book “Milk Diet,” Charles Sanford Porter, M.D., says:

Most of these prepared cereal foods are steamed or boiled into a mush, with various ingredients like salt, glucose, molasses, or malt, added. Then they are usually either made into a dough and baked, and ground up into crumbs, or rolled into flakes, and parched. After being sealed up more or less tightly in pasteboard boxes, they are ready for sale. When, finally, the retail dealer gets such foods, they may lie on the grocery shelves for months, before being sold. Every country store is stacked to the ceiling with preparations of this kind, for which an artificial demand was created by enormous advertising, but when the advertising stops, so does the demand.

The manufacturers of many of these products, who have become rich by buying cheap cereals, or grains that have already been used in making malt liquors, and selling them for ten times their cost, employ high-salaried advertisement writers, who dilate on the cleanliness and thoroughness with which the goods are handled and cooked, but I do not believe that stuff prepared in this manner can be of much service in the human stomach, and even animals refuse it unless they are very hungry.

I do not include in this class foods that are not cooked, nor sterilized by any chemical method, nor the rolled preparations of wheat, oats, and rye. The latter are steamed for some time, and while still wet, are run between rollers and pressed into thin flakes. After drying, the product is ready for marketing. Such rolled grains do not pretend to be more than partly cooked, and are supposed to be thoroughly recooked, before serving. Grain prepared in this manner does not lose its vitality, or blood-making power. Some grocers raise the objection that such foods do not keep for long periods, like the ready-to-eat, sterilized brands, as they are apt to be attacked by weevils and other insects. This, in my opinion, is a pretty good test of the food quality of an article.

Choose the food for the building of your body as carefully as you choose the cloth to make a garment, not merely because the food is cleverly advertised, with an artistic picture of a child crying for it.

Also, do not forget that you can get the best and cheapest kind of breakfast food by parching hard wheat and grinding it in a small mill. Then you are sure to have it fresh. Grain begins to deteriorate as soon as it is ground, no matter how well it is packed.

A Back Action Exercise

IF you want your internal organs in their right places, your diaphragm and chest high, and your stomach flat, use this exercise, every morning:

Lie flat on your back on a hard bed, or on a sheet spread out on the floor. Draw your knees up, until your feet rest close up to your body, knees high in air. Lift your body off the floor, weight resting on your toes and the back of your neck, abdomen arched upward as far as possible. Lower your body toward the bed, but do not quite touch it. Then raise it again, to the highest arch possible. Lower it, then raise it again. Lie flat on the bed, and relax for one to two minutes, breathing evenly, through the nostrils. Then draw your feet up again, and raise your body high, weight on your toes and the back of your neck. Repeat the up and down motion twenty to thirty times. Another rest and relaxation, and a third teetering of the body, twenty to thirty times, completes the exercise.

Don't exhaust yourself; begin with a few movements and gradually increase, as you grow stronger.—Nautilus.

Fried Meat

PROF. OTTO LERCH, of Tulane University, in a series of articles on diet, writes:

"Fat meats are less well digested than lean meats. Fat prevents the gastric juice from coming in close contact with the meat particles. . . . Cooking and frying deprive the meat of a considerable amount of water, and make it, therefore, more nutritious."

Perhaps the learned professor will tell us how to fry meat without fat—animal or vegetable fat.

Childbirth

FOLLOWING out its policy of utilizing legislature, press, pulpit and stage, to increase its power and the income of its members, threatened by inroads of drugless healing, the medical profession has been staging a clever theatrical performance, designed to scare women into permitting themselves to be drugged with scopolamin, to insure painless delivery. Of course, if the doctors could make every birth a rush order for an expensive medical operation, instead of careful and sympathetic attendance by an experienced midwife, it would greatly swell their receipts.

Scopolamin is no new thing, any more than arsenic, the base of "606," is a new thing. It has been used occasionally for years, but abandoned, on account of its danger, as was chloroform. Of late, several medical journals have recorded fatal results to mother or child, or both, following its use, and another drug is being sought. Scopolamin was popularized, in an article in an Eastern magazine, under the romantic title "Twilight Sleep."

One might suppose that, in view of the constant failure of much heralded medical discoveries, people would be on their guard. On the contrary, they rush in after every new invention, like hungry fish after bait.

It is undoubtedly true that most of the suffering of women in childbirth, and pregnancy, is altogether unnecessary, due to wrong living, especially wrong eating. Pregnant women are usually advised to eat for two, although the extra weight to be provided for amounts to less than half an ounce a day. By careful moderation in diet, during pregnancy, avoidance of foods containing much lime, and persistent exercise up to the last, childbirth may be deprived of most of its terrors, without resort to chloroform, or any other doubtful and dangerous drug, even if the administration of it goes under the seductive name of "twilight sleep."

A few weeks ago, a Los Angeles woman, ignoring the protest of her physician, lived, for two months before her delivery, almost entirely on fresh fruit. At the hospital, where she brought into the world a healthy six-pound girl, the doctors declared they had rarely seen so easy a confinement. I have known of many similar cases.

Brussels Sprouts

BRUSSELS sprouts, or rose kale, is a tender, appetizing, non-starchy vegetable, that is not so much used in this country as it is in England. It is not much grown in Southern California, where the climate is said not to be well adapted to it, but there must be plenty of localities where it could be grown well. Here is a recipe for Brussels sprouts with rice, from Dr. Lindlahr's Cook Book:

"Pick over 1 quart of Brussels sprouts, cook slowly, until tender, in a little water, to which a dessertspoon of butter has been added. When ready to take from the fire, add the juice of 1 lemon. Put into the center of a heated platter, in a border of freshly cooked rice. Brown an onion in butter, and pour over the whole."

Destruction of birds is said to cost this country a billion a year.

Good and Bad Breathing Methods

IN scores of books, in many languages, deep breathing is recommended, and always prescribed in the same manner. In the early morning, one should stand in front of an open window and perform a long series of very full respirations, more often than not combined with holding of the breath—but nothing else.

It is always a healthful practice, in daily life, to take fairly deep and regular breaths, but the special full respiration, whereby large quantities of air are pumped into the lungs, should never be performed, unless the body really needs this extra supply. Otherwise, derangements in the relative pressure of the vessels of the body will be caused, the equilibrium in the tissues will be disturbed, and giddiness and dizziness result. On the other hand, the deep breaths will be of much more benefit, if combined with some form of bodily exercise, or physical exertion, requiring increased change of air in the lungs.

If the exercise only lasts a very short time, we should utilize the opportunity, and take deep breaths immediately after it. If it is of longer duration, one may well perform deep breathing continuously, during the movements.—Lieut. J. P. Mueller.

Husky Centenarians

JAKE HOEBACH celebrated his 104th birthday by eating a half section of cherry pie. Jake is employed as a farm hand on the estate of D. H. Kirkner, 3d, in Roxborough, Pa. He has held his job for 81 years and has never once been tired of his work.

Here is the program of this man of 104: 4 a.m., get up; 4:15, feed horses; 4:25, start milking; 5:30, breakfast; 5:45, curry horses; 6, hook up for milk train; 7, back and take out load of hay or plough; 8-11, chores; 12, knock off for dinner; 1 p.m., fix wagon and other odd jobs; 4, take cows to milk; 5, clean horses; 6, supper; 6:30, loaf around; 9, go to bed.

Joseph Riopelle of Ware is probably the most active man of his age in Massachusetts; he has just passed his 103rd birthday, and he still does his share of work around the place. He saws and chops wood, takes care of the hens, cuts brush and does other chores. He enjoys a pipe or cigar. Mr. Riopelle had ten children, three of whom are still living, also five grandchildren and eight great-grandchildren.

It is recorded that in Yorkshire in 1501 Henry Jenkins was born. He died in 1670, cut off at the age of 169. He remembered well the battle of Flodden Field. This occurred in 1513, when he was twelve years of age. The registry of chancery and other courts show the administration of oaths to him 140 years prior to his death. He gave deposition as witness when he was 157. In his young manhood, when he was a little over 100, he was a remarkable swimmer. The remarkable thing about Henry Jenkins is the fact that he has left behind him no rules of living which would enable others to duplicate his feat.

If the average physician happens to think of prescribing a diet, at all, he will probably tell the patient to take plenty of milk and eggs, or he will speak vaguely of "plenty of nutritious food."—California State Journal of Medicine.

Oiling the Body

FOR thousands of years the oiling of the body has been valued in Oriental countries as a most helpful hygienic measure. The passage in the Epistle of St. James: "Is any among you sick? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord," does not refer to the mere making of the sign of a cross on the forehead with a finger dipped in oil, but to the custom of oiling the whole body. This was usually done after a warm bath. Costly oils, mixed with perfumes, were used for this purpose by the rich.

Inunction is an exceedingly valuable therapeutic measure. It has been far too much overlooked in modern times. It increases the activity of the skin and diminishes susceptibility to cold. By equalizing the temperature it has great power in allaying fever. It soothes the nervous system, produces sleep, lessens the frequency of the pulse, also the thirst.

Lop-Sided Shoes

RUTH ST. DENIS, the barefoot dancer, recently told an interviewer that "the average shoe is an atrocity." And one who follows her reasoning must agree that she is correct. "How many people," she asks, "do you know who have feet that are straight and good to look at? How many women could appear barefooted in a ball room without sickening their friends by the sight of their deformed toes?"

"More than half the shoes make crooked feet," said the great dancer. "Lop-sided shoes make lop-sided dispositions. The time is near when shoes will be planned to fit the feet instead of the feet being trained to fit the shoes. How I pity the average child with its new shoes. Many irritable, bad children would become paragons of virtue if they were clothed and shod hygienically. I have wonderfully strong feet."—Good Health.

One of the arguments for compulsory vaccination against small-pox is that during the past three years more than fifty vaccine and serum manufacturing companies, capitalized for \$20,000,000, have been licensed by the United States government.—St. Louis Post-Dispatch.

VIM AND VIGOR

The Hygienic T. Bandage, worn damp, under dry cover, during the night, is a simple natural remedy for sexual debility and other ailments of the pelvic region in men and women. It is invigorating, soothing and quieting to the nervous system. Valuable in bladder, bowel, liver and kidney troubles. When used in connection with reasonable attention to diet the curative results are marvelous. Strongly indorsed by the editor of *Brain and Brawn*.

Price \$1.75; three for \$5; postage paid. For cleanliness and convenience it is better to order three. Send loose hip measure under the clothing.

BRAIN AND BRAWN

Chamber of Commerce Building, Los Angeles.

Material for Divisecion

BURNS, who is an ironworker, went out with Nellie last night to take in the town. What happened in these hours is, of course, Burns' business, but it was Nellie's also because she was on a leash and had been following her master about all the evening.

But the time came when Nellie decided to take matters into her own hands. How she did it became known to the police of the East Thirty-fifth Street Station when the desk lieutenant heard a scratching at the door.

When the door was opened there stood Nellie with Burns on the leash and she led him into the room with a warning look about her. The lieutenant put Burns and Nellie into a cell for the night and then had both taken to court this morning.

No sooner was Burns' case called than Nellie went forward with her master, and as he stood there awaiting whatever the law had to say to him, the bull terrier put her forefoot upon the table in front of Magistrate Barlow's bench and gave one sharp bark. Burns tried to keep her quiet, but she barked an encore twice more and then the policeman told the magistrate the story of Burns' appearance at the station house in charge of his dog.

Magistrate Barlow accepted the barks as a plea for clemency and yielded.—New York Dispatch.

A Sense of Humor

NOT long ago I gave a talk to a mixed audience, many of whom were doctors. My subject was: "The Limitation of Schools."

One of my auditors was Dr. H. E. Brook, a doctor who has had a life-time experience as a writer on health subjects. For years he was conductor of the health department of the Los Angeles Times, and is now the editor-in-chief of BRAIN AND BRAWN, one of the best edited, and best conducted, popular health magazines in America. The doctor said in a letter to me since that talk: "Doctor, I enjoyed your talk very much, but I fear that the masses have not a sufficient sense of humor to appreciate you." And, by the way, Dr. Brook is English-born, so you can see by that that he is thoroughly Americanized.—J. H. Tilden, M.D., in "Philosophy of Health."

Prohibition

THE business of transporting from California to Oregon the amount of liquor legally allowed to each person in Oregon has grown to such proportions that an express company has been organized for the sole purpose of shipping liquor orders. The company today filed with the Public Service Commission tariffs for the transportation of alcoholic drinks from San Francisco to Portland and Astoria.—Salem, Ore., dispatch.

A sure cure for freckles was given by Chas. Dickens: "Go up to the fourth floor of any building, carefully cut out the freckles with a sharp razor and toss them out of the window." Remember this when you see freckle lotions advertised.—Healthy Home.

Cannibalism

PROF. BRADLEY, of the University of Wisconsin, says: "From a purely physiological standpoint, cannibalism would be the best way to provide the human body with proteins."

This is a good example of professional logic. Unless the subject to be eaten was a vegetarian, his blood would be encumbered, not only with his own impurities, but also with those of the animals whose flesh he had eaten. We avoid the flesh of carnivorous animals, and for good reason.

You can get a superabundance of protein from milk, eggs, cheese, nuts and beans, and recent investigations have proved that a diet of cereals, fruits and vegetables contains a sufficiency of the protein elements. As I have heretofore shown, an excess of protein in the food is the main cause of most of the serious diseases that afflict civilized man.

Personally, apart from sentiment, I would rather eat the flesh of a clean baby than that of a garbage-fed hog. However, it is seldom necessary to eat either.

Warden Smith of Folsom (Cal.) prison has enunciated a policy of "health first" for the prisoners under his care, and as a means of following out his idea he has established a system of departments in which the health of the men in the prison is kept up to a good standard.—Your Health.

Many are mentally active, but physically lazy. They overwork the brain, at the expense of the body.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	75c	April, Starved Nerves.....	\$ 75c
July, Human Gas Tanks.....	40c	May, Food.....	50c
August, Osteopathy.....	\$1.00	June, Waste of War.....	1.00
September, Epidemic Scares.....	75c	July, Food Value of Nuts.....	30c
October, Vivisection.....	\$1.00	August, The Bible.....	50c
November, Traffic in Girls.....	1.00	September, Fasting.....	30c
December, Crime a Disease.....	50c	October, Why is War?.....	30c
January, 1913, Vaccination.....	75c	November, Health.....	30c
February, Medicinal Foods.....	\$1.00	December, Christian Science.....	50c
March, Sausage Mills.....	75c	January, 1915, Human Slaughter	
April, Vegetarianism.....	75c	Houses.....	\$1.00
May, Race Suicide.....	75c	February, The Negro.....	75c
June, Civilization.....	75c	March, Woman.....	1.00
July, A, B, C, of Health.....	\$1.00	April, Tuberculosis.....	15c
August, Gambling.....	75c	May, Farming in California.....	15c
September, Sugar.....	75c	June, Eating to Live.....	15c
October, Medical Science.....	75c	July, Exercise.....	15c
November, Water Cure.....	75c	August, The Jew.....	15c
December, Climate.....	50c	September, Sectarianism.....	15c
January, 1914, Nature Cure.....	50c	October, Cause of Disease.....	15c
February, Cancer.....	75c	November, Automobiles.....	15c
March, Marriage.....	\$1.00	December, Protein Poisoning.....	15c

SPECIAL OFFER.—Complete Sets of above numbers, while they last, \$20.00 by express, prepaid. Each a complete booklet. Prices subject to change monthly. Send orders early, as they will not last long. Subscribers who wish to begin with back numbers should note prices.

Chamber of Commerce Building, Los Angeles, Cal.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

GUARANTEEING CURES.

R. T. S.—“Do I guarantee a cure?” No, decidedly not. Only quacks guarantee cures. What I guarantee is, that if you follow my advice, you will assuredly improve in health, and if your ailment is not altogether too far advanced, will, if you persevere, become as healthy as it is possible for you to be. This is all that anyone can honestly guarantee. It depends on yourself. I cannot get well for you. I can only point out the way.

Few ailments are incurable. Probably 90 per cent. of cases, that come to those who practice the Nature Cure, are of persons who have been given up as “hopeless,” by the regular medical fraternity. People will not practice self denial, until they are scared. The longer they wait, the longer it takes to restore health, especially if they have been doping themselves with drugs.

CHANGE OF CLIMATE.

J. D.—You ask if I think a change of climate would do you good. It might, if you could leave your stomach at home, or give up the bad habits with which you are now outraging your stomach. But, then, if you do that, you will get well at home, also.

STONE IN THE BLADDER.

K. M.—This is one of the diseases that members of the regular medical profession declare cannot be cured, except by operation. On the contrary, it may be cured, with comparative ease, by avoiding the causes, and adopting a rational diet. Dr. J. H. Tilden says: “No one has stone in the bladder who does not eat bread three times a day, and then some.”

RAW VEGETABLES.

Are raw vegetables wholesome?—W. K.

Yes, for those who have strong stomachs, but not for those who have weak stomachs. This is a point that is often overlooked. I do not refer to tender salad plants, as watercress, young lettuce, celery, etc. Raw tomatoes are regarded as fruit. It is claimed by some that raw vegetables tend to cause constipation.

CORNS.

S. J. T.—I have several times declared that corns, “colds,” consumption and cancer are all due to the same primal cause, namely, an abnormal condition of the blood. That, in short, there is only one disease. Many have doubtless laughed at this statement. I ask them how it is, then, that some people do not suffer with corns, even when they wear tight shoes, while others suffer excruciatingly when the shoes are only moderately tight? Following is an extract from a talk confirming my view by the member of a newly organized National Society of Chiropodists in London:

“According to this authority it is also a mistake to imagine that corns are in all cases a legacy of badly constructed boots. Scientific investigation has proved that they are a by-product of a variety of diseases peculiar to the human system, and this is one of the reasons why the practice of chiropody should be confined, like surgery and medicine, to persons scientifically trained.”

The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

MAKING MONEY; Owen Johnson; Frederick A. Stokes Co., publishers, 327 pp. illustrated; \$1.35 net.

A story of Wall Street, the greatest gambling hell in the world, breeding place of destruction, demoralization and death, transformer of honest men into heartless monsters, who incite war for selfish reasons. The hero of this story, fortunately, escapes, early in the game, and becomes a Man.

City officials arrest men for playing a game of poker with small stakes, which they can afford to lose, while Uncle Sam permits this gigantic confidence game, that causes ruin to hundreds of thousands every year, to go on unchecked. Yet, strange contradiction, in the city of Los Angeles, at almost every corner cigar store, young men are permitted to gamble with dice, without let or hindrance.

Gambling is worse than drink or lechery. A man with the gambling fever in his blood will stop at nothing. If one-tenth of the money expended in futile efforts to abolish the consumption of alcohol were expended in educating people as to the dangers of gambling, it would do far more good.

This is the first novel I have read, for many years, that ends in a satisfactory manner. That is to say, the author tells you what becomes of the principal characters, in later life. Usually, after interest is worked up to a high pitch, an author draws the curtain, and leaves you to guess at what follows.

HOW TO LIVE 100 YEARS; G. H. Lockwood; Lockwood Publishing Co., Kalamazoo, Mich; 160 pp. Price, paper 50c.; cloth 75c.

The author, who is the editor of the "Billy Goat," a monthly magazine, does not pretend to say anything new in this little book, but what he says, is good, and worth reading, especially by those who have not given much attention to the subject. He writes of air, water, food, clothing, exercise, habit, drugs, the hair, germs, assimilation and elimination, fasting, sleep, sex, mind and environment.

Account of a Visit to the Front; J. E. Redmond, M.P., with a speech delivered by Mr. Redmond on November 23, 1915; Thomas Nelson & Sons, 35 Paternoster Row, London, E.C.; price 1d. Mr. Redmond is ardently patriotic, and urges Irishmen to join the British colors.

"Prenatal Care," and "Infant Care," by Mrs. Max West, Bulletins No. 4 and 8, issued by the U. S. Dept. of Labor, Children's Bureau, Washington, D. C. These bulletins contain some unusually good stuff on the subjects of which they treat.

Beginning April, the Publisher's Guide, New York, is issued weekly, the subscription price of \$3.00 remaining unchanged. A magazine of value to publishers and editors.

There are 9000 acres of vacant land in Los Angeles, not counting recently annexed territory.

Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism and commendation are invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A THANKLESS JOB.

I know what you are up against, for this health educational game is not what the public thinks it is. I know that I am financially foolish in sticking to it, but still I work on, getting much of my pay out of satisfaction in work well done. And I suppose you get a good deal of your pay in the same way.—R. L. Alsaker, M.D., Chemical Building, St. Louis.

THIS IS NOT A MEDICAL MAGAZINE.

Please discontinue sending your magazine, for I have no longer use for a magazine that calls the Catholic religion a bigoterie. Furthermore, a medical magazine should not bother about religious matters.—Prof. J. M. Duehren, 643 S. Ohio Ave., Columbus, O.

FROM COVER TO COVER.

I read BRAIN AND BRAWN from cover to cover, even glancing over each advertisement, for I know that they too have value, or they would not be in any publication that you put out. I know of only one other magazine of which I can make that statement.—Charles C. Froude, B. Sc., D. C., 209 Warren Bldg., Kingston, N. Y.

A WIDE CIRCULATION.

Apropos of that article on the long fast, that appeared in March BRAIN AND BRAWN, you must have an unusual circulation, for I have had enquiries from people located from about three miles this side of the North Pole, down to Guaymas, Sonora, Mexico.—Dr. R. E. McNamara, Baldwin Park, Los Angeles Co., Cal.

THE ESSENCE OF SANITY.

To me, BRAIN AND BRAWN is the essence of sanity, on health questions.—J. P. Armstrong, 615 Post St., San Francisco.

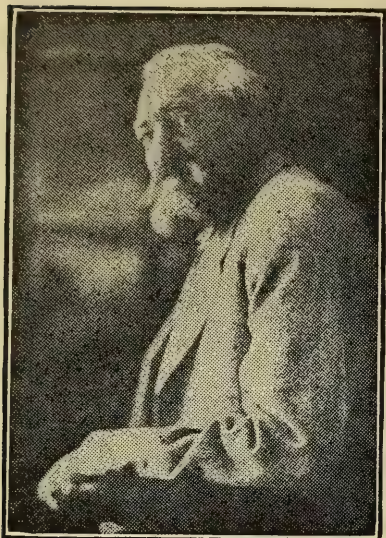
MAY HE LIVE LONG.

Your magazine is simply fine. I read every sentence in it, and it is certainly delightful. I subscribe to half a dozen health magazines, but yours certainly takes the candy. I consider it far superior to any of the others, although they each cost more than yours. Your writings are short, snappy, vigorous, up to date, and to the point, and I expect to subscribe to it as long as I live.—John P. Foy, 61 4th Ave., N.E., Roanoke, Va.

Every prospective mother has it within her power so to guide and direct her life that she may have a natural, normal, hence a painless labor.—J. H. Tilden, M.D.

Russia is today, and has been for some years, ahead of the world, in literature, music, and art.—Prof. Leo Wiener.

Cure of Chronic Disease



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc., and give, when requested, special advice on pregnancy, children and fasting.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellingtonbrook D.D.

The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

HICCOUGH.

In rare cases, protracted hiccough has proved fatal. Usually, it is excited by eating too much, thus causing indigestion and irritation of the stomach, drinking a large quantity of cold water, or effervescing drinks, or by long-continued and immoderate laughter. It also occurs, sometimes, in the last stages of wasting diseases, when it is regarded as a grave symptom.

Ordinary attacks of hiccough may generally be stopped by taking a very small sip of thoroughly cold water, or swallowing a very small piece of ice. It may also usually be checked, by holding the breath a long time, so as to interrupt the paroxysm. When it is obstinate, evidently the result of indigestion, a copious warm water emetic should be administered, for the purpose of emptying the stomach.

In March, Col. Henry Laub, a well-known business man of Los Angeles, had a remarkable experience. For eleven days and nights he hiccoughed incessantly. So violent were the spasms, which came about every quarter of a minute, that they shook the bed on which he lay. In this case, the cause may be attributed to a run down condition of the nervous system, as he had been smoking excessively, and over-working.

Anesthetics, given by his physician, acted like water. The case was published in the papers, as a result of which he received a bushel of letters, containing suggestions of all kinds, many of them extraordinary. They came by mail, by special delivery, by telegraph, and by telephone. One doctor, in Pasadena, advised him to hang his legs over the foot board of the bed, and sent him a diagram. Another recommended a poultice of alfalfa, to be applied to the abdomen. Several suggested nitrite of amyl. Before these suggestions were received, his physician

had finally tried that, and the hiccough ceased.

Nitrite of amyl is produced by the action of nitric, or nitrous acid, on amylic alcohol. From four to six drops are placed on a handkerchief, and inhaled. It may be had at drug stores, in proper doses. It acts by relaxing the muscles and nerves.

Col. Laub says the spasms did not interfere with his eating. This was bad. I should have forbidden all food, as it is an irritant. At the most, hot water, with a little herb, or fruit juice in it. I have known of remarkable cures of asthma, by a short fast. In some cases, where the patient has not been able to lie down in bed for a month, he has, after three days, obtained peaceful sleep.

My readers know that I do not believe in drugs, nor does Col. Laub. His wife, after trying leading European physicians for a bad case of eczema, cured herself by diet. However, I would use a drug like this, externally, just as I would take any other anesthetic, in case of unbearable pain, or before an operation.

I should add that Col. Laub is possessed of great will power. This, undoubtedly, aided in his recovery. He says he made up his mind that he would not, at his time of life, be downed by what he called a "baby ailment." Had he given up mentally, he might have died.

LIBERAL IDEAS ON DIET.

Dr. Tell Berggren, who conducts an open air cure at Coronado Beach, in a letter to me, writes as follows:

"As to the question of restricting my guests to any specific form of dietary, I am afraid I am entirely too anarchistic

WHY ARE WE HERE?

By Erwin A. Rice

Cloth, 148 pp. Price, \$1 by mail

One of the sanest speculations I know on the Hereafter.—Brain and Brawn.

BRAIN AND BRAWN, Los Angeles

for any such rules. I never could stand for them myself, when I lived at places that had such rules. My natural appetite nearly always craves the simplest kind of food, except when I am restricted to only such food, when my appetite nearly always turns wicked. Isn't that a strange problem of psychology? I know many others that are affected in exactly the same way. I therefor take special care not to tempt my guests by any undue restrictions. The patients taking the cure are, however, strictly held to the regime outlined, carefully modified each day, according to the requirements of each particular case. I am sorry to say that both 'schinken' and—O horror—even coffee are indulged in by some members of my family, nearly every morning.'

NATURE CURE IN OHIO.

C. A. Davey, N.D., of the Ohio College of Naturopathy, Youngstown, writes to me, as follows, regarding the unreasonable medical laws prevailing in that state:

"The laws of the State of Ohio, regulating drugless practice, prohibit advertising, and the masses are in doubt as to what the term means. We are not allowed to use the term 'Dr.', or its equivalent, although we are declared to be 'medical practitioners.' Drugless healers are not permitted to treat infections, contagious, or venereal diseases, and our State Medical Board has the decision as to the nature of such diseases.

"We can expect no modification of these laws, without public opinion, and there is no better medium than **BRAIN AND BRAWN**, with which to meet the public."

HUMAN VIVISECTION.

"Regular" doctors are steadily reaching forward toward their goal of human vivisection. Dr. Wile, professor in the University of Michigan, recently went to the Pontiac State Hospital, and bored holes into the brains of six

MILK DIET.

III.

BEFORE commencing a course of milk diet, certain preparations are necessary. These preliminaries must be arranged beforehand, because the treatment always includes complete rest, for a time, at least.

The consideration of the apartment where the patient is to remain is of first importance. It must be remembered that, no matter what the previous habits of the patient may have been in this regard, a very large supply of fresh air will be required, if not at first, within about forty-eight hours. A room may be used, and often is, but the best results, in my experience, have followed the use of outdoor bedrooms, such as pavilions, screened porches, roofs, sheds, 'lean-tos,' or even a good bed with nothing over it. On the whole, perhaps there is nothing more satisfactory than a pavilion, partially boarded or latticed up on the sides, with a good water-tight roof, and insect-proof screen over the openings, all around.

In certain cases, where there is much perspiration, or exhalation from the body, it is a wise plan to use a set of bed linen not over twenty-four hours at a time, not necessarily increasing the laundry expense, but putting one change of linen to air, while the other set is in use. Remember that it is necessary to stay in bed all the time, except when bathing, or performing other necessary acts, and that the skin is an important breathing organ, and must not be surrounded by foul odors. The sleeping garments should be changed twice a day, morning and night.

I am explicit about these directions, because a very rapid growth and development will take place in the organs of the digestive system, the stomach, liver, intestines, pancreas, etc., and this growth is greater in the first week than during any subsequent period. It is during this first week that the success or failure of the milk cure is usually determined, and this, growth, or development, must not be interfered with.

At the Porter Sanatorium, Burnett, near Los Angeles, the milk diet is scientifically administered, according to the results of thirty-two years' experience.—Dr. Charles Sanford Porter.

living people, with an ordinary dental drill, extracting from each hole a quantity of living brain substance, with which he inoculated a rabbit. Dr. Christian, medical superintendent of the hospital, said:

“The consent of the guardians or relatives of the patients was not secured, as it was not necessary. Paresis was inevitably killing the patients anyway, and the operations did not retard or hasten the course of the disease.”

If this is the sort of thing the people like, why, then, I suppose it will continue to go on. Meantime, however, hospitals will be avoided, as much as possible, by those who object to being made subjects of medical experiments.

CANCER CURED BY DIET.

A subscriber writes from Jamestown, N. Y.: “An uncle had a cancer, that was eating into his upper lip, and the bridge of his nose, making a permanent disfigurement of the parts. No one doubted its being a cancer. He had consulted cancer doctors and experts, without relief. Finally, he tried dieting. He left off meat, and butter, and lived on graham bread, fruit, and vegetables. The change in diet resulted in curing the cancer completely, and he lived and died nearly fifty years after, with no recurrence of cancer.”

BACTERIOLOGICAL HASH.

What is hailed as “one of the most signal advances recently made in the prophylactic use of vaccines” is Castellain’s method of combined vaccination, which we are told, is now being used on an extensive scale, in France and Italy. It consists of ten combinations of vaccines, each containing the micro organisms of from three to six different diseases. A sort of bacteriological hash.

French soldiers, sent to Saloniki, were subjected to quadruple vaccination, against typhoid, para-typhoid, cholera and the pest. A commentator

PAIN IS GERMS

HONEY itself is not remedial, until it is combined with about 70 times its bulk of water. It causes water to be admitted directly into the blood where it imparts vigor to the tissues. Disease is caused by the lack of moisture. Water cannot go into the blood unless it is changed into hydrate. Water is like whole bricks, while hydrate is like the pebbles of sand, out of which bricks are made. After water becomes hydrate, it is transported to the tissues.

Heat of diseased tissues sets the oxygen free. Oxygen attacks the disease germs. Red honey hydrates cold water. White honey hydrates warm water only. Water is not warm until its oxygen is destroyed. Cold of water prevents the production of germs. Germs are atmospheric. Germs live on gas. Gas is spent force. Warm water is lost force. When cold water expands in the blood and tissues, it consumes heat and refuse matter. Cold water is condensed power.

Red is condensed cold. Expanded cold produces heat. Heat develops germs. Germs are seeds. Cold produces cells. Cells are tubers, like potatoes, beets and artichokes. Tubers are cellular in structure. Seeds and germs are radial. Air produces straws and spines. Water produces spheres, or cells. When spines were taken off from the cacti, their substance was held back in the fruit. Same with other fruits.

Cells produce oxygen. Radii produce nitrogen. Oxygen produces red fibres. Nitrogen produces white fats. Nitrogen is produced by radial light. Oxygen is produced by circular heat force. If spines and fats are removed from the flesh, without removing the cause, the pain will be thrust backward into the brain. Then it operates as a beam in the eye. Pain tries to relieve itself, by giving pain to others. Pain is germs. Germs desire increase.

THE RED RIPE HONEY MAN
Owensmouth, California.

suggests that if they can stand all this they should be able to endure German or Bulgarian bullets.

CHIROPRACTIC.

Dr. J. K. Gilkerson, of Los Angeles, is not only an able practitioner, but an enterprising man, who realizes the value of judicious advertising. In the Sunset telephone directory, of Los Angeles, for January, 1915, he occupied the whole of the second cover page, with a well written article on chiropractic, of which he boldly says that it "offers to the world a complete analysis of the whys and wherefores of every form of human suffering."

If you live in Los Angeles, look up your Sunset telephone directory, and read what Dr. Gilkerson has to say.

SCIENCE OF EATING.

"Right Eating, a Science and a Fine Art," is a booklet by Viola Mizell Kimmel. (Published by the author, Belleville, Ontario, Canada; price 50 cents.)

Mrs. Kimmel gives eminently sound advice in regard to diet, her ideas being closely along the lines of the teachings appearing in this magazine, from month to month. Here is an extract:

"When one's stomach, through habitual over-eating and wrong eating, has become anaemic; has become so heavily coated with 'fur' that the gastric juice necessary for the digestion of the contents of the stomach cannot be secreted; and so stretched that it is powerless to begin its very imperfect and incomplete digestion, unless it is filled to overflowing, the old familiar sense of fulness is the only stimulus that will start digestion. Now, such a person will have to do far more than begin to eat thoroughly wholesome foods, to get rid of his digestive troubles, and restore his stomach to its normal size. As long as his tongue is coated, his stomach is coated; and to eat the most wholesome food in the world will not insure digestion. No food can be perfectly di-

RIGHT EATING

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Increase the purchasing power of your dollar many times; creates leisure for GROWTH in all ways; makes you master of your fate! Order at once and begin to LIVE!

For sale by the author, Viola Mizell Kimmel, B. S., B. A., Belleville, Ontario, or 225-229 West 39th St., New York City.

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COMMON SENSE DIET

There are only 100 copies on hand. The price is reduced from \$1.50 to \$1.00, postpaid, and a copy of "The Last Word on Baby Feeding" included. Send your order now, if you want these books. They will not last long. B. H. JONES, 3928 Fifth Avenue, Pittsburgh, Pa.

A SMALL AD

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running by the year
will bring you

GOOD RETURNS

gested, when the tongue is coated, or when it is raw. No food at all is what is wanted, until the tongue is right, and the breath sweet. The stomach will resume most rapidly its strength, its proper shape and size, on a therapeutic fast, during which a half-cup of warm water, freshly heated just beyond the insipid point, should be taken every hour or two. Between these warm drinks, a few sips of cool water may be taken, as often as they are desired. Water is all that the stomach craves, or can use when it is in this weak, exhausted, flabby, dirty, poisoned state."

Mrs. Kimmel urges that not more than two or three kinds of food should be eaten at a meal.

About the only criticism I have to make is, the recommendation of starch and acid fruit at the same meal. My experience, and that of others, goes to show that a combination of starch and acid foods, is highly injurious to a weak stomach, and will in time, if persisted in, give trouble to a strong stomach.

Otherwise, I have nothing but praise for this booklet.

LINDA BURFIELD HAZZARD.

Dr. C. Froude, of Kingston, N. Y., writes to me that he received a letter from Dr. Linda Burfield Hazzard, of Seattle, in which she states she was out of jail and that, about end of April, she would leave for New Zealand, to be gone until the fall. She said she goes there in the interest of former patients.

MILK DIET.

Nearly fifty years ago, in Switzerland, I went, for a time, every morning, before breakfast, to the house of a doctor, about a mile from my hotel, where I, and others, drank a glass of milk, or several glasses, milked direct from the cow, into the glass. It tasted quite different from the ordinary milk of commerce, as we know it, being warm, and frothy. That is the nearest approach to the only natural method of taking milk from the nipple.

MIND AND BODY

I do not believe that "all is mind." Neither do I believe that a diseased condition can be permanently cured, unless mind and body are brought into perfect harmony. I have studied and practiced psycho-physiological methods for many years. My services are at your disposal. I refer, by permission, to the editor of Brain and Brawn.

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Send today for your first six months and add to your health. Money back if not satisfied.

HEALTH CULTURE, 800 St. James Bldg., NEW YORK



The sixth edition has been issued of Dr. Charles Sanford Porter's "Milk Diet;" (Published by the author, Burnett, Cal.; 286 pp.; price \$2.00.) Dr. Porter has devoted over thirty years to a study of this diet, and is regarded as a leading authority on the subject. In this edition he has added some new matter, and an enlarged chapter on after-treatment. The author urges the necessity of staying in bed during the treatment, with a warm bath daily. He properly condemns pasteurizing and sterilizing. Milk from Holstein cows he considers the best. His cases have averaged about six quarts of milk daily. Four weeks is stated to be the minimum time for a milk diet course.

The author tells of a physician's wife, who was brought to him, to be strengthened for an operation on a tubercular kidney. A well-known specialist had said the only thing to do was to remove the kidney. She was on the milk diet and rest treatment for less than four weeks, when, on examination, no trace of the disease was apparent. She has never had the operation, continues in good health, and has given birth to a healthy baby.

There is no doubt that the successes attendant on the milk diet, are largely due, first, to the simplicity of the diet—a "mono-diet"—and second, to the rest.

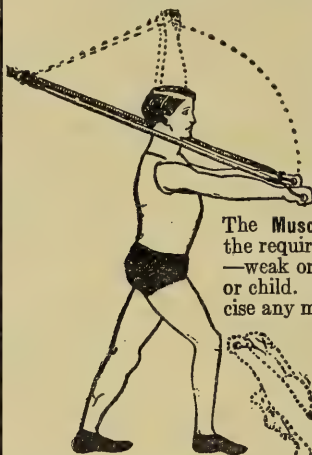
The author writes eminently sound things in regard to the care of the body, some of which I hope to quote, in the near future.

STATE MEDICAL LAW.

It seems that I was premature last month, in stating that the attack upon the State Medical law had been settled by a decision of a suit in San Francisco. That was another suit. The suit brought in Los Angeles, by P. L. Crane, on behalf of drugless healers, has been transferred to the United States Supreme Court. Tom L. Johnson, attorney for the complainants, hopes to have a judgment within ninety days.

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SILVERWOOD'S.

I received a letter from a woman in Georgia, asking whether I thought she would be safe in sending money, for hosiery, she had seen advertised by Silverwood, in **BRAIN AND BRAWN**. I told her she would be safe at Silverwood's.

This month, Silverwood advertises ramie underclothing. As I have often said, ramie is the best of all materials for underwear. Send for booklet.

BREATHING.

Forced breathing is bad. Von Boeckmann teaches a natural method of breathing, that has proved most efficacious and helpful. See his announcement.

STENOGRAPHY.

The Shorthand Writer is an efficiency magazine for stenographers, published in Chicago. Send for a sample copy.

HONEY.

C. W. Dayton, the red ripe honey man, writes: "I am overwhelmed with orders, and they are on the increase. I have over 300 colonies."

RUPTURE.

John M. Benjamin recently effected a remarkable cure of Col. F. D. Butterfield, president of the California Olive Growers' Association, Higgins Bldg., Los Angeles. He is so enthusiastic that he offers to refund, to anyone, the amount paid to Benjamin for his services, in case satisfaction is not received, within thirty days.

FRESH WHEAT.

Van Houten, of the Health Food Store, has made a hit, with his freshly ground wheat. This is better than any of the commercial breakfast foods. He



RUPTURE HAPPINESS

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EYE GLADNESS.

A little treatise, called "Eye Gladness," is worth its weight in gold to you, if you follow the instructions therein given.

SUMMER TRAVEL.

Some of my friends have been discouraged from travelling to California over the desert, in summer, because they were told that the heat was unbearable. One who came, last summer, this way, stopping for a day at the Grand Canyon, told me that he found the trip quite comfortable.

COOKING SCHOOL.

Mr. Wyman will conduct the Globe Mills Cooking School at the following places: May 1 to 6, Redlands; May 8 to 13, San Bernardino; May 15 to 20, Colton; May 22 to 27, Riverside; May 29 to June 3, Pasadena; June 5 to 10, Long Beach; June 12 to 17, San Pedro.

PORTER SANITARIUM.

The Porter Sanitarium, Burnett, near Los Angeles, has issued an artistic booklet. Send for a copy.

A MYSTERY TO HIM.

The late John Allen of Farmington, Me., was noted for his ready wit and cutting sarcasm. One day while walking down the street he slipped on some ice and fell. The Methodist minister of the town happened to be near, and helped the old man to his feet with the remark: "Sinners stand on slippery ground, don't they, John?"

"Yes," retorted Mr. Allen, "but I don't see how they do it."—Harper's Magazine.

SWIFT MEAL.

A traveling man tells of his sojourn at a "hotel" in a Sacramento Valley town.

When, on the evening of his arrival, he entered the dining-room and was shown to a table by a waiter, the latter asked, when he had brought the customary glass of water:

"Will you have some pork and beans, sir?"

"No, I don't care for them," said the traveler. "I never eat pork and beans."

"Then, sir," said the waiter, as he moved away, "dinner is over, sir."—Exchange.

PROSPECTIVE STUDENTS: We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Therapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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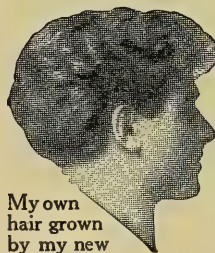
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TOO CRITICAL.

At dinner Mr. Manning sampled the pie. Looking across the table at his wife, he said:

"I am sorry to be critical, my dear, but this pie is not the kind that mother used to make, not by a long shot."

Mrs. Manning smiled. "It's too bad," she answered, amiably. "I don't know what to do about it, I'm sure. Perhaps it would be a good idea for you to call her up and tell her. She sent it over this afternoon."

—Harper's Monthly.

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